

SEPTEMBER, 1898.

THE COSMOPOLITAN OSTEOPATH



PUBLISHED MONTHLY

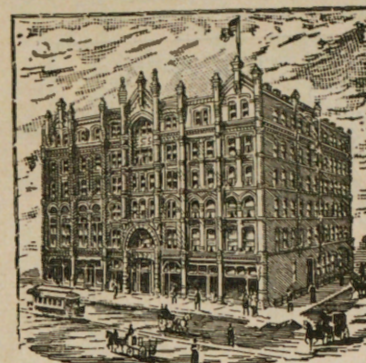
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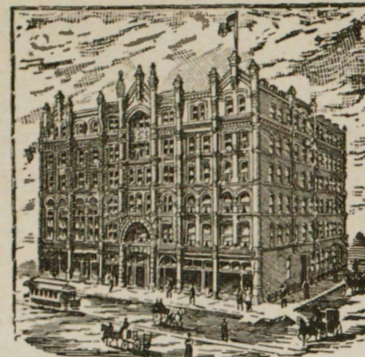
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THE · COSMOPOLITAN · OSTEOPATH

VOL. I.

DES MOINES, IOWA, SEPTEMBER, 1898.

No. 2.

The Wonderful Growth and Advancement in the Science of Osteopathy.

BY A. L. CONGER.

MUCH has already been said and written touching the wonderful growth and advancement of the newly discovered science of Osteopathy. It has now been about twenty-eight years since Andrew Taylor Still first discovered the science, which was at Baldwin, Kansas, in 1874, as stated in his *Journal of Osteopathy*, and it has been six years and seven months since the science of Osteopathy was first founded, as Dr. Still also tells us in a report of the progress of Osteopathy, which he made through his journal in a letter over his own signature, dated Kirksville, Missouri, December 25, 1893. In this letter he reports as follows:

Twelve months ago to-night all the professors and students of Osteopathy congregated at my house. Had a good time and adjourned with a resolve to push the unfolding of the new and grandest science that was ever given to man to solve, and at this place and date report the progress made. As we cannot all meet it must suffice to report by letter. The faithful student of Osteopathy must indeed see and feel truly proud of the position he occupies to-day compared with that occupied by him a year ago. * * * I have had twenty years' experience in Osteopathy and have proved to my own satisfaction that there is no such thing as failure in treating any disease by this method when taken in anything like reasonable time.

This, then, marks officially the first and second mileposts in the life of Osteopathy. First, its discovery in 1874, and second, its founding in 1892, when Dr. Still began to teach the science to others, and from this standpoint we can pause and take a retrospective view of the past, pointing with just pride to the wonderful achievements wrought by it in conquering disease, and to the advancement made in the science. It will appear that on the 25th of December, 1892, all the students and all the professors and teachers of the science of Osteopathy met at Dr. Still's house and held the first reunion of work in the science, and a year from that date they met again on December 25, 1893, and compared notes of the past year's progress made in the work. These are official dates and they should be remembered by all students and graduates in the science of Osteopathy as official milestones—dates recorded by Dr.

[Copyright, 1898, by the Dr. S. S. Still College and Infirmary of Osteopathy.]

Still himself. In those days all students, teachers and professors could be huddled into one room at Dr. Still's house. THE COSMOPOLITAN OSTEOPATH has lately come into possession of files of the *Journal of Osteopathy* and other data from which it can speak officially in matters of this kind. The work that has been accomplished within the past six years is startling beyond measure. It was then that Dr. Still began to turn out graduates from the American School of Osteopathy, and these graduates began to make a record in the progress of the science. Messrs. Pickler and Parker started the Northern Institute of Osteopathy, and the organization of that school really marked the third milepost in the history of the spreading of this science, in demonstrating the fact that the science could be successfully taught by intelligent graduates of Osteopathy, no matter from what school. We are thus able to trace this advancement in a reliable and satisfactory manner. It is most wonderful and even surpasses the utmost expectations of the founder himself, and of all Osteopaths in the country.

The organization of the S. S. Still College and Infirmary of Osteopathy at the great center of learning in the Northwest in the beautiful city of Des Moines, in July, 1898, and the starting of THE COSMOPOLITAN OSTEOPATH, to be devoted exclusively to the interests of the science, at once raised its standard to a higher degree, and justly marks the fourth milestone in the record of Osteopathy. Then it was that there was a meeting called and the organization of the Associated Colleges of Osteopathy was formed, consisting of the following colleges which are legalized for the teaching of the science:

The S. S. Still College and Infir'y of Osteopathy...Des Moines, Ia.
The American School of Osteopathy.....Kirksville, Mo.
Northern Institute of Osteopathy.....Minneapolis, Minn.
Pacific School of Osteopathy.....Los Angeles, Cal.
Western Institute of Osteopathy.....Denver, Col.
Milwaukee Institute of Osteopathy.....Milwaukee, Wis.

And many other colleges in the land which will soon come under the head of what may be termed legalized colleges. The term "legalized" means colleges that teach the science in accordance with the prescribed laws of the various states legalizing Osteopathy. Under this organization it will not be possible for any school to turn out what are known as short-time graduates, without having them come under the head of quacks in the profession. The organization of the Associated Colleges of Osteopathy was indeed an important step in the advancement of the new science, for it meant that there should be no more diploma mills, but that those engaged in

the work of teaching the science should continue to elevate the standard of its scholarship and work together in the cause, presenting a solid front to all opposition. This will prove the most important of any step yet taken in the efforts to push the new science to the front, rather than any individual school or person. To show that Osteopathy has come to stay and is to be the leading therapeutic system of healing in the future, let us review briefly the history of the legislation of the past, bearing upon the science. The great fear of the medical profession as noted in their journals—the filling up of the country with quacks—was that while the average graduate in medicine in their schools was compelled to study several years before graduation, yet the Osteopath was turned out in less than half the time. The criticism was in a measure just and true, and in the Missouri legislature, where the first intelligent fight was made to legalize Osteopathy in a state, Dr. H. E. Patterson, who was then the Secretary of the American School, and who had official charge of the legislation, seeing that this error of sending out short-term graduates was likely to "wreck" Osteopathy, readily consented to the demands of the doctors in the Missouri legislature for a longer term of study, and they fixed, as the law, four terms of five months each, or a two years' course. Hence it was due to the wise forethought of Dr. Henry E. Patterson (who was assisted in the contest by Dr. Hildreth), that the science was saved from the disgrace of having the country flooded with "short-term graduates," who would go forth illy prepared to assume the great responsibility which must soon come to them.

Now the Associated Colleges of Osteopathy have accepted the law as final, and soon other schools will become members of this wise organization, and then Osteopathy, as a science, will be fairly and safely before the public. The victory in the Missouri legislature settled this question and was the entering wedge for Osteopathy into all the states in due time. The victory in Missouri was sweeping in its effects and really confounded the opposition to our cause, and too much credit cannot be bestowed upon Drs. Patterson and Hildreth, for their great contest and victory in the Missouri legislature in behalf of Osteopathy. And at this point it is well for Osteopaths to remember the kind and fair consideration that was shown Osteopathy by certain prominent members of the medical profession in Missouri as well as elsewhere. As each year in Osteopathic experience rolls around it is found that the ablest members of the medical profession are less and less pronounced in their opposition to the science and to legislation against it in the various states. In a recent editorial taken from the Dubuque, Iowa, *Herald*, the editor voices public sentiment on this question as follows:

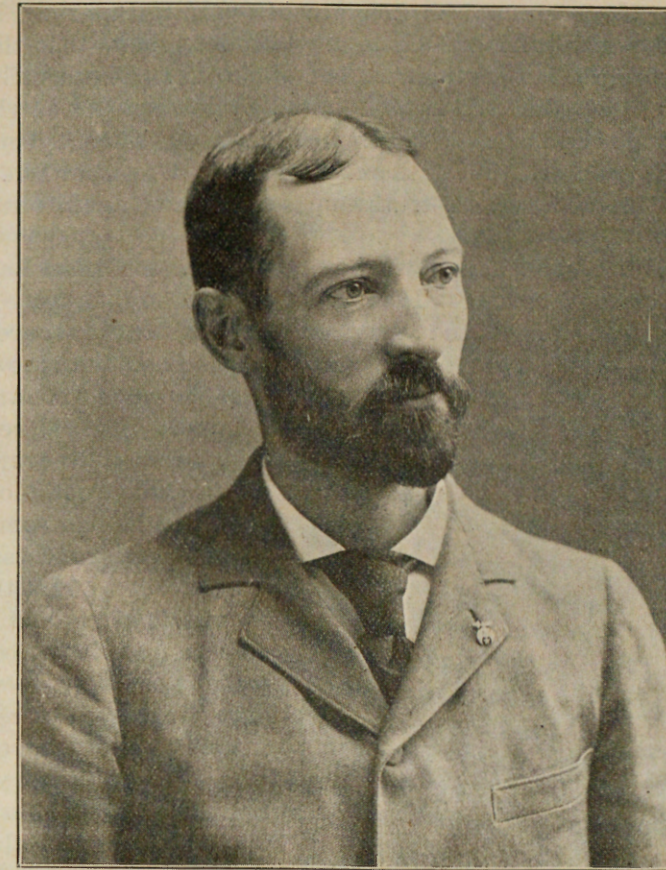
It is gratifying to know that while the cry for this restrictive legislation is alone demanded by physicians, yet it is only by a portion of them, and not the best portion either. As a rule the loudest calls for shutting out the irregulars come from that portion of the profession that has not been able to work up much practice for themselves, and so seek to call in to their assistance the aid of the legislature by shutting out a portion of their competitors. Physicians, like all other classes, must in the end depend upon their merits, and here it is that hard work, study, diligence and manner, will bring them what they wish, and not the enactments of any legislative body. While it is true that these rigid laws are asked for by the medical bodies and a certain class of physicians, yet it is gratifying to know that a large class of the best physicians refuse to have anything to do with urging this petty warfare, and prefer to depend upon their own exertions.

Next after the Missouri contest came the struggle in Vermont, which was short and decisive. The Missouri contest had paved the way and Osteopathy was almost legalized in Vermont by public opinion, even before the bill was introduced for that purpose, by reason of the contest in Missouri, and Hon. Josiah Grout, governor of Vermont, was the first governor of a State to affix his signature to an Osteopathic bill legalizing Osteopathy.

OSTEOPATHY IN THE NORTHWEST.

In the meantime Osteopathy was growing in favor in the great Northwest, which was being aided by the Northern Institute of Osteopathy in Minneapolis, Minn. Through the efforts of Mrs. Helen de Lendrecie, of Fargo, a talented lady and friend of Osteopathy, aided by the gallant Governor Briggs, of North Dakota, a bill was introduced in their legislature legalizing the practice of Osteopathy in North Dakota, and through the efforts of Mrs. de Lendrecie, who was permitted to champion the same on the floor of the house and senate, the bill was passed; an effort was then made to get Governor Briggs to veto the bill but the governor stood like a solid rock between Osteopathy and the opposition to it, and signed the bill.

Gov. Frank A. Briggs, of North Dakota, was born in Minneapolis in 1858 and was educated in the public schools of Minnesota. He learned the printer's trade and worked at the case several years. In 1881 he moved to Mandan, North Dakota, and engaged in the real estate business during the boom days of Mandan. Tireless in energy, upright, affable, he gained the confidence of all with whom he came in contact. In 1884 he was appointed postmaster at Mandan. In 1886 he was elected county treasurer and was re-elected in 1888, 1890, and 1892. In 1894 he was elected state auditor and was chosen governor in 1896. He is frank and outspoken, never hiding behind subterfuges, never skirting responsibility, detects shams



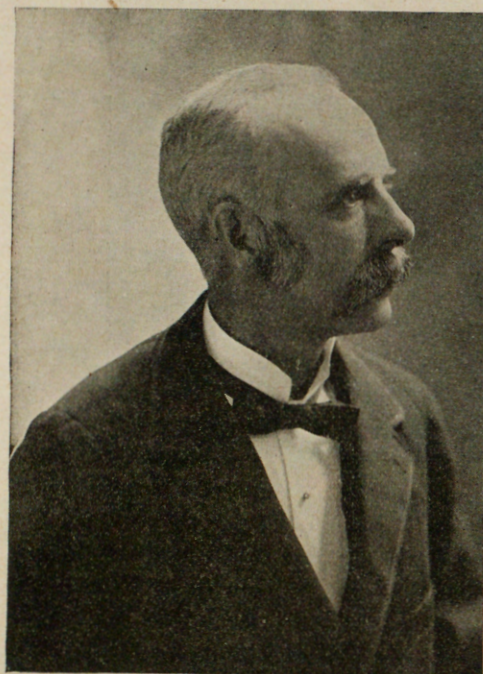
GOV. FRANK A. BRIGGS, OF NORTH DAKOTA.

readily and recognizes truth in whatever garb presented. His training from the days of newspaper apprenticeship has been intensely practical, and when Osteopathy was called to his attention he examined its claims without prejudice, and told both friends and opponents of the measure alike that if it passed he should sign the bill. "It was a good thing in my family and won't hurt anybody," was the curt way he expressed himself to the newspaper correspondents when they called to learn what he intended to do in relation to the measure then pending.

Soon after the passage of the bill in North Dakota, the friends of Osteopathy in Michigan caused a bill to be introduced into the legislature of that State, and through the help of Gov. H. S. Pingree the bill was passed at once and became a law. The Osteopath is already

known as "the poor man's doctor," and Gov. H. S. Pingree is known as the poor man's friend. Is it any wonder, then, that this bill should become a law in the State of Michigan? The last State to pass the Osteopathic bill in the United States was Iowa. Here a heroic stand was made by the opposition to our science, but, as in every other contest, the truth must prevail. Governor Shaw was invincible in the cause of truth and science, and again our cause prevailed.

Leslie Mortimer Shaw, governor of Iowa, was born in Lamoille county, Vermont, in 1848. He learned while a boy, fighting stones on a rough upland farm, that the good things of life are secured only by hard work and right living, and that has been the rule of his



LESLIE M. SHAW, GOVERNOR OF IOWA.

life. He came to Iowa when he was 21 years old, resolved that he should never again see the old Green Mountain State till he had something to prove his success. He started out to fight the battle of life alone and he has succeeded to an extent achieved by few. He worked on a farm when he first came to the State, in Linn county, where he cast his first vote. He taught school and attended Cornell College in Mt. Vernon, where he graduated. He located in Crawford county in 1876, to practice law. He had in the meantime graduated from the Iowa Law School, in Des Moines. He went to Denison because he liked the country and the people, and had established a good standing there. He did not make as much in the first year as he was offered for sixty days to sell fruit trees, but he established a good reputation, and success soon came. His practice grew and an extensive loan business was added, which has grown until the firm of Shaw & Keuhnle owns two banks and has loaned over \$2,000,000 on Iowa farms. In all this loaning, the firm has foreclosed but one mortgage.

Mr. Shaw has an ideal home in Denison, which is the center of hospitality. Mrs. Shaw was Miss Alice Crawshaw, daughter of James Crawshaw, of Clinton county, one of the best known pioneers of eastern Iowa, who came to the State, then a territory, in 1837. They were married in Comanche, December 7, 1877. Three children have been born to them: Enid, aged 17; Earl, aged 13, and Erma, aged 11. Like her husband, Mrs. Shaw is intensely democratic, and knows no class distinctions. She is an active worker in the Methodist church, a friend to everyone, a model home maker, and a woman of unfailing good nature, who knows how to adapt herself to the demands of all occasions.

While in Cornell College Mr. Shaw joined the Methodist church, and has ever since been an active worker in, and liberal contributor to the support of, that church. For about twenty years he has been superintendent of the Sunday school of the Denison church. The school has an enrollment equal to one-seventh the entire population of Denison, and is the largest in the State, the size of the town considered. Mr. Shaw talks to the Sunday school every Sunday, and applies the principles of Christianity to everyday life. He is practical in his religion as in all things, believing that religion, to be of any use in the world, must be made to fit the ordinary experiences of life, and that a clean, honorable life is a large part of Christianity.

All these things have combined, with the assistance of Mrs. Shaw, to make Mr. Shaw much beloved and trusted at home. He has never been a seeker for political prominence, though always active in support of republican principles. In the campaign of 1896 he was aroused to do his utmost in defense of what he believed to be the most dangerous attack upon national honor and prosperity that had been made for many years. He is a thorough believer in the gold standard as the only safe dependence for the United States, though he has never put a gold clause in a note, and he went into the campaign with all his might for McKinley, sound money and protection.

Governor Shaw stood as solid as a rock in the cause of Osteopathy, and as his reward he lives to see the best college for its teaching established in Des Moines that there is in the world. Governor Shaw is the kind of a man who helps everything that is worthy and conducive to the public good.

In addition to the laws legalizing Osteopathy in Vermont, Missouri, North Dakota, Michigan and Iowa, the bill has been passed in the legislatures of the states of Illinois, Colorado and several other states, but the governors of those states have been in league with the opposition against the people, and we must await the election

of a fair-minded governor who will give Osteopathy—the poor man's friend—a fair and impartial hearing. In the meantime our science has come to stay. We have a foothold in the East; we have carried the Northwest, and we shall not let up until the "poor man's doctor"—the Osteopath—has a home in every household in every state in this Union. God gave the science of Osteopathy to mankind when He created man, and its discovery and development at this time seem providential.

As a therapeutic agency in the art of healing, Osteopathy is performing wonders and almost miracles in the work it is daily accomplishing here at the S. S. Still Infirmary in Des Moines, and by Osteopaths in every part of the country where the practicing is now being carried on. The science is making for itself a scientific record along the whole category of diseases which not only astonishes the people, but challenges the respect and admiration of the unbiased members of the medical profession as well. The science itself, and its practice, is founded upon a most thorough knowledge of all parts and processes of the human body in health and in disease, and there is not a single Osteopathic operation, treatment or manipulation that does not require the most exact anatomical, physiological and pathological knowledge to perform. As regards anatomy and physiology this is true of no other method of healing except, possibly, operative surgery. Osteopaths are undoubtedly the most perfect and finest anatomists in the world because they learn their anatomy largely from the "living subject" which they are compelled to do in their practice. The spreading or advancement of Osteopathy is due to the truth of the science and to the wonderful cures it is effecting, and we give a few prominent cases by way of reference, so that parties who wish to verify them can do so. Read Mrs. de Lendrecie's case and see what Osteopathy did for her; then read Mrs. Springer's statement, and others.

The present editor of the COSMOPOLITAN OSTEOPATH was the former editor of the *Journal of Osteopathy*, and in reply to our request for a statement for publication of their cases from Mrs. de Lendrecie and Mrs. Springer, Mrs. de Lendrecie says:

Editor Journal of Osteopathy:

You ask for the reasons which induced me to seek Osteopathic relief. I will tell you as briefly as possible. In the fall of 1895 a lump appeared in my right breast. Our family physician advised its immediate removal, assuring me that nothing but the knife could remedy the evil, and stating that it would soon assume a malignant form if not removed without delay. Knowing him to be a fine surgeon, as well as physician, I placed myself in his hands and submitted to an operation whereby my entire breast was removed. It was a great shock to my nervous system, and I had not recovered from it, when the same trouble appeared in my

left breast. I had heard meantime of Osteopathy and resolved to try it before submitting to the knife. However, in September, 1896, I was examined by a specialist in Chicago, who declared that only the knife would remove the trouble, as in the previous case. Instead of submitting to another operation, I went to Kirksville and was completely cured in six weeks' time. My own eyes saw and my own hands felt the obstructions that caused the trouble in both cases, and I know very well that the knife was never necessary in my case. I do not want to be understood as denying the use of the knife, however, for in some cases, I am sure it is necessary to prolong life. What I object to is the haste with which it is called into requisition. I never believed in drug medication, but surgery appealed to my reason. I have perfect faith in the integrity of the man, and the skill of the surgeon who operated upon me. I believe he did by me as he would have done by his own wife, and if I was in need of surgical aid to-day, he of all others would be my choice to do the work. That, however, does not prevent me from declaring that I was the victim of unnecessary surgery, and I am sure the knife is used ten times when unnecessary to one time when necessary. A surgical operation is a dreadful shock from which I believe the system never fully recovers. Osteopathy has clearly proven its right to recognition in the healing of cases heretofore declared only curable by the knife, and it is only right that its supporters should sustain its claims. I know what it has done for me, and I am now, and ever expect to be, the firm friend and loyal defender of Osteopathy.

HELEN DE LENDRECIE.

FARGO, N. D., May 23, 1897.

ANOTHER TRIBUTE TO OSTEOPATHY.

Last July Mrs. E. A. L., of Springfield, Ill., wrote to the writer inquiring about her experience in Osteopathy, and stating that she had an affection of the breast which eleven leading physicians of Chicago had diagnosed as incurable, unless resort to the knife was made at once. The lady had seen most unfortunate results from the use of the knife in members of her own family, and could not bring herself to consent to its use in her own case, and eagerly snatched at any remedy that would render such use unnecessary. The writer gave her the information asked for and referred her to the nearest Osteopath, and coming across her letter (which had been filed away for reference) about two weeks ago, she wrote the lady, asking if she had interviewed Osteopathy and with what results. An answer came back at once that she had been cured by Osteopathy, and that the lump, as large as a goose egg, and very hard, had been completely absorbed; that she had treated six months at an expense of \$150, which was much less than a surgical operation would cost, and had been saved the shock and pain of an operation by knife, and was in better health than she had known for many years.—*Fargo Osteopath.*

THE TESTIMONY OF A DISTINGUISHED PATIENT.

Among the distinguished people whose experience with Osteopathy has become notable, is Mrs. Rebecca Springer, the wife of

Judge Springer, chief justice of the court of appeals in Indian Territory, and member of Congress for many years from the Springfield district, Illinois. Mrs. Springer's home is in Washington City, but she has resided in Indian Territory during her husband's judicial service under the appointment of the president. Mrs. Springer is a woman of liberal culture, of a finely penetrative mind and deeply sensitive nature. She has taken great interest in the scientific progress of the world, and has had opportunities for seeing the best side of the medical and surgical practice; and her estimate of Osteopathy is not only that of an enthusiastic patient, but also that of a thoughtful and critical thinker. Her many friends, public and private, rejoice with her in her remarkable recovery, and she is able to give them an admirably clear and entertaining account of the new science by which she was relieved of her terrible suffering; and her distinguished husband shares heartily in her admiration for Osteopathy.

She writes the following account of her experience with Osteopathy:

Two years ago after a very severe attack of the grippe, we moved to the Indian Territory very much against the advice of my medical adviser in Washington City, owing to the malarial climate; and, after two weeks' residence there, I had a most terrible suffering with what was supposed to be bilious colic. I recovered, but in two weeks had another attack, and then I had many more. They occurred with greater frequency and severity. A trip to Macinac, however, averted their return. But on returning to the Territory, these attacks came back with increased violence, and finally occurred every other day. After three months of such agonizing suffering, I called two eminent physicians, who diagnosed my trouble as gall-stones, or catarrh of the stomach. They did not relieve me, except temporarily by hypodermic injections. Atrophine was freely given, which left me very much prostrated, and my stomach was so enfeebled that it finally could not digest food. I suggested Osteopathy to my physicians, but they gave me no hope of recovery by that means. I, myself, thought that nature had some resources by which I might recover, and Osteopathy seemed to me to be both natural and scientific; and I feel that I was directed by Providence to try it. I felt that God had given Dr. Still some better means than drugs by which I might be helped. My confidence was at once won by the intelligence and skill of Dr. Still. He not only pronounced it gall-stones, but put my own and my husband's fingers on them, and we felt the real trouble. In a few days the treatment became so effective that there was a disgorgement of the stones into the upper intestine, and when at last they were forced from the intestines, there was at least a large teacupful of them. Afterward there was a passage of bilious mucus, amounting to several pints. My liver was greatly enlarged. Much of the mucous membrane of the gall-bladder, duct, stomach and intestines was lost. I felt much better, but there was still a passage of stones. At last, violent suffering set in. I was brought to the very verge of death, and felt that the end was near. Dr. Still came, gave me a treatment, and I passed a stone as large as a man's thumb. I sank under the suffering, and even Dr. Still thought I might not recover. After three days, Dr. Still said, emphatically: "You'll get well,"

and I began from that time to improve. I ate naturally; but in three weeks had another severe attack. I passed another stone equally as large. My limbs, mouth and lips were paralyzed, and I was cold for hours. This was my last attack, and from that time I have been steadily improving. I eat with relish, though before, my stomach had been so stimulated by medicine that it lost entirely its natural action. I now walk a mile to the infirmary—sleep well, and feel wonderfully helped. My heart, which had troubled me for six years, was another difficulty in my case. I could not lie on either side. It beat with great irregularity, and my medical doctor told me "it missed every third beat," but he did not help it. I said to Dr. Still: "Doctor, now that I am getting along so nicely, shouldn't my heart beat all right?" He asked: "How does it beat?"—to which I replied: "Every way but the right way." He then came to me, and, as I described it to my husband, "he gave me a punch, a dig, and a twist," and from that short treatment my heart has been regular. I cannot say enough in praise of Osteopathy. I felt before I tried it that it was a scientific method. I had faith that there was some way by which my suffering could be relieved without the prejudicial effects of drugs. I instinctively recognized that Dr. Still's intelligence had discovered those means, and now I am convinced that Osteopathy is rational, scientific and wonderful. It will be the greatest blessing to the world.

Gratefully yours,

REBECCA RUTER SPRINGER

MRS. FORAKER'S ENDORSEMENT.

Mrs. Julia B. Foraker, the wife of Ohio's distinguished Senator, is one of Osteopathy's warm friends. The interest of Senator and Mrs. Foraker in Osteopathy was occasioned by the case of their youngest son, Master Arthur, who is now five years old. About a year ago prominent eastern specialists examined the little son and decided that he had organic heart trouble that was incurable. Mrs. Foraker was induced to try Osteopathy by Mr. Conger. Colonel Conger was then being treated by it for paralysis, and her son Arthur was accordingly placed under that treatment at Kirksville, Mo. His improvement under Osteopathy was most marked from the first, instead of dying from "organic heart trouble" as the medical doctors had predicted. Senator and Mrs. Foraker were led by this and other cases to make a thorough investigation of Osteopathy, and as the science had saved their boy, they gave to the newly discovered science their full endorsement.

COLONEL CONGER'S CASE—TAKEN IN PART FROM JOURNAL OF OSTEOPATHY.

One of the most attractive cases which has come under the observation of the patients and people of the city of Kirksville for some time is that of Col. A. L. Conger, of Akron, Ohio, the well known manufacturer, partially because of the fact that Colonel Conger is so well known all over the country, and partly because his trouble (paralysis) is usually attended with such fatal results.

Colonel Conger was stricken with paralysis at the Adams House in Boston, on the 11th of January, 1897. His whole left side was made helpless. His wife and son (Mr. K. B. Conger) were at once called to his bedside, the best medical aid in Boston was summoned, and everything within the knowledge and power of medicine was done for him, but little encouragement was given. Colonel and Mrs. Conger were at Kirksville one year before, and knew all about the discovery of this science of Osteopathy and its many wonderful cures, so they decided to try Osteopathy and took the train at once for Kirksville, Mo., where they arrived January 17, 1897. Dr.



A SNAP SHOT OF COL. A. L. CONGER AFTER SIX WEEKS' TREATMENT FOR PARALYSIS.

Henry E. Patterson met them with an ambulance at the train. The next morning Dr. Still, aided by Drs. H. E. and Alice Patterson, diagnosed his case, and the extraordinary treatment was commenced. During the diagnosis Dr. Still said: "Colonel, what is the matter?" The colonel replied: "I don't know; the doctors in Boston tell me I have a large clot of blood on the brain. What are you going to do, cut into the brain and scrape it out?" "Oh no," said Dr. Still, "that is not Osteopathy. Did you ever work on a farm?" "Yes," replied the colonel. "Did you ever run a mowing machine?" The colonel replied in the affirmative. "Did you ever mow through an ants' nest in a meadow?" "Yes," said the colonel. "What was the

first thing the ants did after their nest was wrecked?" The colonel replied: "Each one grappled a piece of sand and commenced to rebuild." "That is *Osteopathy*," said the doctor. "Now, there are hundreds of small arteries and veins encircling your brain, and when the circulation is all right they carry the blood to and from the heart. The circulation is clogged and stopped. The Boston doctors were right; there is a clot on the brain, but we will open up and start the circulation, and, like the ants in the nest, each one of those little veins will one by one take a piece from the clot of blood, carry it off to the heart, and it will soon be gone. Medicine cannot do it, but Osteopathy can and will do it."

Either Dr. Still or Drs. H. E. and Mrs. Alice Patterson treated Colonel Conger several times per week, and he recovered quite rapidly, so that in six weeks he could rise and dress himself. Dr. Patterson prescribed that he might "saw wood" as a good Osteopathic exercise. The colonel says that Osteopathy saved his life, that it is a good thing and he will do what he can to pass it along to others and to mankind.

Has It Come to Stay?

A. STILL CRAIG, D. O.

ADOPT what profession or master what trade one will, he is confronted by the ever present principle of chance. No investment is sure. Embarking upon an ocean steamer, we are not so sure as to the landing as when we simply enter a ferry boat, but in the former case we reach a new continent as a reward for our trouble and risk. It is safer to go to a settled and civilized community than to go to the outposts of human habitation, but the reward is proportionate for him who braves the savage foe and plants his claim in the advance of others. So in every undertaking we must consider both the dangers and the chances of reward and strike a balance between them, and must use every means in our power for estimating the future.

Those contemplating the adoption of Osteopathy as a manner of treatment are naturally influenced by our question, "Has it come to stay?" for they certainly do not care to put their faith into something destined soon to sink into oblivion, but to those contemplating taking it up for a life work, it comes as a vital question upon which their whole future depends.

Two years hence when the course is finished and the student now entering will be ready for his work, and the hundreds already studying and who have graduated have been stationed throughout the country, will there not be a surfeit in the Osteopathic market as there is at present in every other profession and trade?

We shall first consider some of the risks involved, or the objections that are urged against the work and its permanency.

Persons acquainted with Osteopathy know that a few simple affections, such as some headaches and throat troubles, may be treated with a measure of success by those who know nothing of the principles of Osteopathy; now suppose someone should write a book exposing our remaining secrets, so allowing any to become Osteopaths on short notice, and that the M. D.'s of the country should, with the aid of that book, use Osteopathy as an auxiliary measure to their treatment. Would not the practice at least sink to the level of professional nurses and masseurs, both in public regard and in remuneration?

Venturing into the field of prophecy, we have only to consider the past and present conditions of our subject, so well portrayed elsewhere in *THE COSMOPOLITAN OSTEOPATH*, and the history of the growth of parallel arts and sciences. Let us glance backward for awhile upon the history of medicine. From time immemorial it has been shrouded in mystery and its practice has devolved upon priests and representatives of religion and superstition. About fifty years ago there came a critical point in its history when one considering the matter could hardly but have predicted its downfall. No preliminary course was required, and if one wished to become a physician he had but to procure saddle bags, calomel and quinine and some other common remedies and he was prepared to meet all calls. These doctors generally served an apprenticeship of a few calls in company with some older practitioner, but even this was not necessary and was sometimes omitted.

At this period of great educational awakening it would seem that the laity would learn all that was required to be known, and in fact a great many families were physicians unto themselves.

With the doors open for free competition, there were no inducements to him who was considering medicine as a life work; but while all learned to use these simple remedies, medical requirements grew apace, and it became necessary for those who wished to enter the profession to take a more extended course of study; and in that regard medicine has kept pace with the times, though with Fothergill, we may doubt that the latter are better practitioners than the older men who had no education for their work. Though

a great element in the success of medicine, from a pecuniary point of view, has been the use of latin nomenclature in its terms and prescriptions, so keeping it mysterious in the eyes of the people, it remains clear that they will have doctors who have made a special study of disease. It is well that this is so, for when a system of healing is given to them meriting their confidence, as evidenced by the fact that it improves with age and study, as does Osteopathy, disease has found a foeman worthy of her steel.

We have now reached the transitory stage of Osteopathy when it must find its level in the economy of science, and the question is in order as to whether our book will be published betraying the secrets of the science, as suggested above, and why such a work has not already been published. Efforts have been made to present sufficient of the work in book form to enable people to do a little minor work, the authors at the same time warning their readers that they will be far from Osteopaths when they have learned all they can from their work, and that it is at best but an introduction to the science. The question remaining is, when shall a complete work be written embodying all that is known of the treatment of disease Osteopathically. We stand at the beginning of Osteopathic development, at a period of growth. These works will surely come and they are now being built. Hundreds of the most intelligent of our country are at work at the task. They are not all writing books, but they are accumulating foundation matter for them. Some works are in the process of construction, and some even now completed and in the hands of students, books embodying the principles of Osteopathy, but thanks to the wisdom of their authors they have not as yet been given to the general public. We do not praise them for withholding their works on the ground that we wish our science to be involved in mystery as the drug science has been, for that is not our intention, as we wish the knowledge of Osteopathy to be disseminated as far as possible; nor do we commend them for withholding them on the ground that they are inferior, for that also is far from the fact. They are good and answer the purpose for which they were written, as they form a basis for what is to come, a field of research for the genuine Osteopath. In the hands of the general public or of our M. D.'s they would be of no value, for they are not yet sufficiently complete for one to read and understand Osteopathic treatment, and the result would be that there would be in the field a number of incompetent practitioners, who, in reality, would have no knowledge of, or confidence in, Osteopathy. The term for study now required by the associated colleges is none too long and the actual clinical practice in the schools is an absolute

necessity that Osteopathy may be understood in its practical application and that the student may actually see and know what results are obtained. In behalf of Osteopathy we thank the authors that they have not seen fit to present their works to a class of persons who could at best but injure the new science. Works on Osteopathy will in no case replace the school work, more than medical works have replaced medical schools.

Again, it is often claimed that the treatment is routine for whatever disease, and that one can become a competent operator by imitation in a very short time. There are two reasons for this claim: First, there are some who claim to be Osteopaths who work in this superficial manner. Second, it is sometimes the fact that patients who are treated themselves and who witness the treatment as administered to others, believe that in both cases the treatment is identical, while if they were receiving the treatment administered to others, and understood the underlying scientific principles, they would be conscious of a great difference. There is often, to be sure, a decided similarity in the treatments administered to different individuals, for it is remarkable what a great number of patients are afflicted in the same manner in some particulars, but it is the point of deviation that tests the really competent operator. Why is it, then, that those who are not competent can work with such a degree of success? This question is well answered by Marvin E. Conger, M. D., in his admirable work, "The Nature Cure." He says: "As no two human beings are alike, physically, mentally, or spiritually, it is a mistake to dose any two of them alike when sick. It is a notorious fact, however, that our drug friends, the regulars, those who think they have reached the ultimate, in seasons when epidemic fevers prevail, will go from house to house in their run of calls and dole out the same drugs to all alike, only varying the size of the dose to suit age and condition of the patient. This is, no doubt, professional, but it is a grave mistake. A complete diagnosis would at once pronounce the course unscientific and dangerous. If their remedies were nature's own such a course would be perfectly proper. Why? Because no harm could come from using any of the non-dangerous remedies."

This, then, is the explanation: While the work is not as well applied as might be, little harm, and decided good, results from their work. How much more will be accomplished by those who have taken a full course, and spent time and labor in perfecting themselves for their work!

Osteopathy will take first rank among the healing arts, and we believe that the risk is far less in the case of him who casts his lot

with it, than with him who enters the older over-run professions; for it must come, and there are thousands of places to be filled by industrious, honest workers.

There is, of course, some risk in entering so new a field, for there is a possibility of our predictions proving false. We believe that it is a far surer investment than any other, but we cannot deny its newness, and would not if we could, for while there is a risk we will consider for a moment the reward. Those entering now are to be the advance guard of a rising profession for which there is an unprecedented demand, and will be in line for the growth of literature that must soon be developed for the upbuilding of the science. If the next decade witnesses as much advance, even, as the last half decade, what a wonderful opening is there for those who now enter the field! The risk is not much greater, we believe infinitely less, while the reward is beyond comparison. The one who expects an easy and ready road to riches may be disappointed, but to him who masters thoroughly the work, and goes into the field well equipped, in due season success must surely come. We conclude from the preponderance of evidence that *Osteopathy has come to stay.*

The Choice of a Profession.

PROFESSOR ANDREWS, in a late number of the *Cosmopolitan*, says some young people are repelled from the medical profession because of its alleged unscientific character. Such an one should investigate Osteopathy; for here, like surgery, "is a science indeed, whose progress in recent years is nothing less than astounding, as delectable to the scientific sense as it is benign, in view of the maladies which it heals."

It is now but in its infancy, and probably no one living, not even the honored founder, Dr. A. T. Still, himself, has more than the faintest foregleam of the development which the future has in store for this young giant of the nineteenth century.

In the study of Osteopathy, as in any other professional pursuit, it is most desirable to have a broad and solid foundation upon which to build. It is hardly possible to have too wide a basis for such a superstructure. Before entering upon this work everyone should consider well the advantages and disadvantages of such a calling—the hardships, rebuffs and discouragements to be met, as well as the rewards and emoluments to be hoped for. If the Osteopathist is really fitted for the work "there will be a harmony in life beyond

price"—a thorough preparation with perseverance and unremitting industry will surely gain the desired end. An operator thoroughly qualified will soon find patients glad to place themselves under a rational method of treating disease, being only too anxious to find something "to supplant those time-honored but pernicious methods to which such hordes now yearly succumb."

Among the unpleasant features to be met by the young practitioner is the fact that Osteopathy, like other good things, has its counterfeits. And further, as noted by Dr. C. E. Still in the *Journal of Osteopathy*, "that occasionally an imposter has crept into the Osteopathic school, and has gone out to dishonor both Osteopathy and himself." It is not only sad but true that the medical profession, more often, perhaps, than any other, has been debased by frauds, liars, and pretenders. Yet the art of healing has ever been worthily deemed a noble one, and in this recently opened calling is particularly to be realized the pleasure of seeing the wan and cheerless face of the invalid rapidly give way to the smiles of conscious recovery.

FOR WOMEN.

Women seem especially to have a suitable work in this occupation. It has been well said, "A woman has wisely chosen her calling in life when her daily work is of a kind suited to excite her highest faculties and to produce the deepest and most lasting pleasure."

It is now as incumbent upon a young woman to select her profession as it is upon a young man—and the choice of one's life work is without doubt a momentous one. It has become nothing unusual for women to be distinguished in the various lines of professional work. By their special qualities of faithful persistence, patient endurance, and loyal devotion, added to intellectual gifts, women are well fitted for the duties of both physician and nurse. Upon the latter calling many have already entered, as seen in the number flocking to the different training schools for nurses, all over our country. The various medical colleges have women representatives in every state in the Union, who honor their chosen profession. But in Osteopathic work there is a large field for women which is still unoccupied—fascinating, satisfactory, directly beneficial to the race.

WHAT WILL YOU DO?

The demand for competent operators is constantly growing, far beyond the supply. All the colleges combined cannot nearly meet the requirements for accomplished, proficient operators. Schools

have been so overwhelmed with applicants that thoroughness of Osteopathic teaching has been sadly neglected. The financial rewards have been so promising that half-taught teachers, half-trained operators, and poorly-equipped schools have been too frequently the result, contributing to the encouragement of frauds and the creation of a bad name for a science which is worthy of any student's best powers.

Not only are the laity becoming skeptical of the curative powers of drugs, but the most advanced thinkers and most successful practitioners in the medical ranks are vigorously condemning them, trusting more to the "*Vis medicatrix naturæ*," while the honest and fearless ones openly admit their position.

Physicians, surgeons, and physiologists of the highest standing, such as Professor Magendie, Dr. Alonzo Clark, Dr. Bostwick, author of "The History of Medicine," Dr. Oliver Wendell Holmes, and many others of equal fame, have been for years telling their students such things as these:

"There is no such thing as medical science."

"All our curative agents are poisons, and, as a consequence, every dose diminishes the patient's vitality."

"The science of medicine is founded on conjecture."

"Every dose of medicine is a blind experiment upon the vitality of the patient."

"The world would be better off if the contents of every apothecary shop were emptied into the sea, but the consequence to the fishes would be lamentable."

Hundreds of such opinions could be quoted if this space allowed, showing where the brightest lights of the healing art have unqualifiedly condemned this false "science of medicine" with its "ever the same blind, pernicious methods of treatment." One faction drugs the patient into insensibility to his pain. Another carefully weighs out the deadly stuff that is to nicely balance against the severity of the symptoms. Another gives an infinitesimal dose of something that would in a large dose act like the disease does. Still another would dose with something that has been followed by recovery when given to some former patient showing like symptoms. Yet all acknowledge that the same drug acts on different persons differently, and upon the same person differently, at different times.

The world is full of chronic cases of disease that have gone through the warring medical schools without success. An Osteopathic operator, opening his office in any locality, gets the wrecks of ignorance, malpractice and guess-work in the whole vicinity; with just such despairing cases Osteopathy has gained its noble fame. When an Osteopathist positively knows that he can cure many of the most wretched cases of acute and chronic disease—when he sees

how soon the patient is convinced that he can be healed—further, when he performs his marvels of regeneration on these cases and they go out to proselyte for him with an ardor unsurpassed, then he not only sees the nobility of a truly curative art, but soon realizes his own financial independence.—*Western Institute of Osteopathy.*

Osteopathy.

F. W. HANNAH, D. O.

TO THE great majority of people, this is, as yet, a new word; being of comparatively recent coinage, it is not found in any dictionary. It is another "pathy" which has been added to the healing art, and marks one of the greatest reformations of the century.

The cry "Back to Nature" is heard on every hand in this age of artificialities, and it is in accordance with that cry that Osteopathic investigation has proceeded. Resting on the broad scientific basis of anatomy, physiology and chemistry, it appeals to the reason at once, and courts the most thorough scientific investigation.

Technically defined, it is, "That science which consists of such exact, exhaustive and verifiable knowledge of the structure and functions of the human mechanism, anatomical, physiological and psychological, including the chemistry and physics of its known elements as has made discoverable certain organic laws and remedial resources within the body itself, by which nature, under the scientific treatment peculiar to Osteopathic practice, apart from all ordinary methods of extraneous artificial or medicinal stimulation, and in harmonious accord with its own mechanical principles, molecular activities and metabolic processes, may recover from displacements, disorganizations, derangements and consequent disease and regain its normal equilibrium of form and function in health and strength."

Viewing man as an animated machine of so many parts, bones, muscles, nerves, ligaments, bloodvessels, etc., the Osteopath reasons that if those parts are all in proper places, performing proper functions, health is the result. Adjustment then is the keynote of the philosophy, to accomplish which the Osteopath is compelled to study his anatomy, physiology and chemistry especially, together with the other branches of the regular medical course, and by his system of scientific manipulations, so adapted as to adjust that

machinery, he restores harmony in its workings, which is health itself. It is purely a mechanical science with the Osteopath as a master mechanic working on the human machine. It makes no compromise with drug medication, and undertakes to spare people from the wholesale introduction into the system of poisonous drugs. It has no fight on surgery when not abused. It requires no faith and claims nothing supernatural. It recognizes disease as a condition found in the body, the result of a failure of some part of the human machinery to do its work properly, and that failure is directly traceable to maladjustment somewhere in the body. The prevailing idea with some of the superstitious ancients was that disease was an entity to be attacked and driven out of the body, instead of a condition found therein, and medicine, with its boasted research of more than 2,000 years, still clings to the idea that disease is a mysterious tangible something which gets inside of the human organism and must be beset by another something which has a natural antipathy for the supposed cause of the disease, and which, when introduced into the body, will search out and exterminate the troublesome little enemy to health.

Wedded to this idea, medical men have searched every nook and corner of the earth for specifics which, liberated in the system, will destroy the cause of disease. In their desperation to prove the supposed correctness of their theory, modern medical writers have piled up volumes on the chemistry of disease and its specifics, and experimenters have analyzed almost every atom of the known world and studied the minutiae of their effects on bodily disorder, to the total neglect of the broader and more important phenomena of animal life. In their long and fruitless search of the outside universe for specific poisons to drive out disease, they totally ignored the presence of native forces which the Creator placed within the mechanism for its own government.

In the splendid keyboard of nature there is no room for discord. The physician who best understands the human keyboard; who knows thoroughly how to utilize the reconstructive and recuperative elements of the human body; who has correctly located nerve centers and can control blood supply so as to draw upon them directly and promptly without violent and pernicious disturbances to the whole system, that is the physician who, in the future, is to be the benefactor of the race. Driving directly at foundation laws, he holds in his hands the key to health and prolonged life. The source of health is within us, not without. Nature, not medicine, should be expected to bring the cure. To throw the whole system into violent disorder is surely a poor way to reach a local affection.

All physicians and most laymen are aware that uniform results are hardly ever obtained, even in the same patient, from the use of drugs. To this is due in great measure the growing suspicion as to the efficacy of drugs and their curative powers. Even in diseases of the most virulent character, it is rare that all the organs are simultaneously affected; ordinarily but one or two. What folly, then, to disturb the entire system with medicine in an effort to reach a single diseased part when such efforts weaken the recuperative powers of the body and must prove injurious if not destructive to the human organism. This being true in acute disorders, with how much greater force does it apply to the chronic sufferer who, in his vain attempts to obtain relief, constantly keeps dosing himself, dangerously experimenting with every conceivable remedy?

Convinced that the body is an absolutely perfect machine in itself, the Osteopath contends the closer we come to nature the more intelligently we can make use of the fundamental principles of life and health. The admitted longevity of primitive races, duplicated even to-day among those who lead the simplest and most natural lives, is confirmation strong as Holy Writ that medicine is not necessary for the enjoyment of long and healthy lives.

Osteopathy gets results which are the best criterion. In two years it has been legalized in five states and bills are now pending in other states. There are several schools where the new science can be learned. Four terms of five months each are required to become proficient in the work.

Osteopathy a Life-Saving Station.

WHEN the mariner is shipwrecked at sea, or on the Great Lakes, the sailor at the "lookout" watches for, and if he can see, a life-saving station, he immediately shouts to the crew and passengers, "Ho! Life-saving station on the port!" or, wherever it appears.

When the weary traveler is overtaken, or wrecked by disease, he can turn to Osteopathy as the life-saving station for all mankind, and there in the newly discovered science he will find the life-saving station which will rescue and carry him safely to the haven of rest and health, and the doctors in Osteopathy are the crews who man the life-saving stations, and who will rescue the travelers and carry them safely to a restoration of health.

Subscribe for THE COSMOPOLITAN OSTEOPATH. \$1.00 per year.

When Doctors Disagree.

HE LOOKED at my tongue, and he shook his head —
 This was Dr. Smart —
 He thumped on my chest and then he said:
 "Ah, there it is! Your heart!
 You mustn't run — you musn't hurry!
 You mustn't work — you musn't worry!
 Just sit down and take it cool;
 You may live for a year, I can not say;
 But in the meantime make it a rule
 To take this medicine twice a day!"

He looked at my tongue and he shook his head —
 This was Dr. Wise —
 "Your liver's a total wreck," he said.
 "You must take more exercise!
 You mustn't eat sweets,
 You mustn't eat meats,
 You must walk and leap, you must also run;
 You mustn't sit down in the dull old way;
 Get out with the boys and have some fun —
 But take three doses of this a day!"

He looked at my tongue, and he shook his head —
 This was Dr. Bright.
 "I'm afraid your lungs are gone," he said,
 "And your kidney isn't all right.
 A change of scene is what you need;
 Your case is desperate, indeed.
 And bread is a thing you mustn't eat —
 Too much starch, but, by the way,
 You must henceforth live on only meat,
 And take six doses of this a day."

Perhaps they were right, and perhaps they knew,
 It isn't for me to say;
 Mayhap I erred when I madly threw
 Their bitter stuff away;
 But I'm living yet and I'm on my feet,
 And grass isn't all that I dare to eat;
 And I walk and I run and I worry, too,
 But to save my life I can not see
 What some of the able doctors would do
 If there were no fools like you and me.

—S. E. Kiser in Cleveland Leader.

Bacteria.

WHILE I have been practicing the healing art for nearly six years, I consider that I am a closer student than ever before, as regards diseased action, its cause, prevention, and especially its cure, if a curable disease, otherwise the least harmful and most positive means of relief. I believe there is a curative remedy for most all diseased conditions to which the human body is subject, provided we can find that remedy, direct its proper application, and persevere sufficiently long. Measured by the success of medical brethren of my acquaintance, I have been reasonably successful in treating the cases which have fallen to my lot to direct. I realize that, in the practice of medicine, success does not imply that every curable disease must be cured, but only an overwhelmingly large percentage. I recognize the different theories as to the cause of the different diseases, which different theories as to the cause of the same and the various diseases is sufficient proof, to my mind, that somebody's theory is wrong; and, consequently, a treatment based on an erroneous theory as to the cause, must, of necessity, prove a failure. The germ theory of disease, at this time, seems to be the accepted theory by a very large percentage of medical teachers and writers.

As yet I am not quite ready to accept the germ, or bug, theory of disease. I do not deny the presence of the microscopic microbe, or bacteria, in diseased action, but do seriously doubt their being the cause of diseased action setting up. Neither do I believe that they perpetuate or keep up diseased action when it is once developed. In my humble opinion these vulture-preying, living organisms are attracted by the diseased product, dead, or putrefying animal matter. We have larger animals whose dependence for sustenance is feeding on dead animal matter, of which the buzzard is the type. No one will accuse the harmless, defenseless buzzard of causing disease, or death, of the carcass upon which he feeds. The mighty microbe and insignificant buzzard are close relatives, whose purpose and missions are the same—the eating of dead animal matter. The buzzard feeds only on wholly dead animals, the microbe on the dead parts of living animals. Mark the difference! The larger vultures remain at the dead carcass only so long as it is a food supply to them, when they take their leave to find more, or to starve. The microbes, or bacteria, remain in the body only so long as diseased action furnishes their peculiar food—dead or putrid animal matter.

When the dead carcass is wholly devoured, the vulture haunts the scene no longer. When healthy action takes the place of diseased action, the protean bacterium, or microbe, must take leave of his once happy and luxurious home, for the reason that his means of sustenance is cut off.

Bugopaths claim that the peculiar soil, or pabulum, must exist in the body before the germ can develop the bacterium, or microbe, which sets up disease. I will ask the question: Do all animal bodies possess this peculiar soil or pabulum? If not, then I would say that all those bodies which do possess it are diseased bodies, and all those which do not possess this soil, or pabulum, are healthy, therefore can not generate or maintain the bacterium or pestiferous microbe. Do I practice asepsis? Yes; because it is in accordance with the laws of health. Filth is disease-producing in its effects; asepsis, or cleanliness, is health-preserving and health-restoring when diseased action is present.

The homeopathic physician takes but little notice of the all-powerful infinitesimal bug, and still he lets a very large percentage of his diphtheria and typhoid patients get well, if he does not actually aid in effecting a cure.

The electropath does not mention the "bug," or direct his treatment to his annihilation or expulsion, and still he effects some wonderful cures where the bugopath has utterly failed with his royal germicides. The hydropath, with his all-potent hot and cold water, teeming with millions of bacteria, performs some miraculous cures, where the bacteriologist fails, and acknowledges the superior power of the "bug" over him and his weapons of warfare. What of the magnetic doctor and his cures? The hypnotist and his cures? Where reside their germicides and bactericides, or power to kill "bugs"? Was venesection fifty years ago a scientific and successful practice? The physicians of that day thought so, and practiced it with as much confidence and zeal as the physicians of to-day practice injecting diseased horse serum, mixed with carbolic acid, for the scientific cure of that dread disease, diphtheria. What about those cases of typhoid fever which the scientific physician, with all his knowledge of bugs, gives up to die, after which all medicines, or drugs, are withheld, and the patient makes a rapid and complete recovery?

I sometimes hear the laity narrating experiences and observations of the above character of cases. I think our fathers of fifty years ago labored under false theories, and were subject to erroneous practices and mistakes, but will not brand them with such epithets as quacks, fools, idiots, empirics, etc., as some of the

modern physicians are doing, and who, themselves, from the noise they make, must be suffering from an acute attack of some mixed breed of bacteria, whose exact nature and purpose is not yet fully known; but in all probability he is the microbe which feeds on dead matter resultant from a diseased condition of that mass of matter usually found within the cranium of all animals.—*J. J. Hinkle, M. D., in The Medical Brief.*

How to Drink Water.

THERE are few people, we think, who thoroughly realize the value of water as a beverage, or who know how to obtain the greatest advantage from it. The effects produced by the drinking of water, as pointed out a week or two ago by our excellent contemporary, *Health*, vary with the manner in which it is drunk. If, for instance, a pint of cold water be swallowed at a large draught, or if it be taken in two portions with a short interval between, certain definite results follow, effects which differ from those which would have resulted from the same quantity taken by sipping. Sipping is a powerful stimulant to the circulation, a thing which ordinary drinking is not. During the act of sipping the action of the nerve which slows the beating of the heart is abolished, and as a consequence that organ contracts quickly, and the circulation in various parts of the body is increased. In addition to this, we find that the pressure under which the bile is secreted is raised by the sipping of fluid. And here is a point which might well be noted by our readers: A glass of cold water sipped slowly will produce greater acceleration of the pulse for a time than will a glass of wine or spirits taken at a draught. In this connection it might not be out of place to mention that sipping cold water will often allay the craving for alcohol in those who have been in the habit of taking too much of it, and who may be endeavoring to reform, the effect being probably due to the stimulant action of the sipping.—*People's Health Journal.*

THE COSMOPOLITAN OSTEOPATH should be taken by every housewife in the land as a guide to health; it will teach you how to keep well, and tell you what to do when overtaken by sickness.

Which a Science, Osteopathy or Medicine?

BY W. L. RIGGS

THE fact that the results obtained in some instances by pseudo-Osteopaths, short-termers, patients who have taken a few months' treatment, and others of an observing, but not of a studious, turn of mind have been almost as wonderful as those obtained by the regular practitioner, has led many to doubt that there is a really scientific principle upon which Osteopathy is founded. But these random shots which bring down the game only attest its abundance. The inexperienced miner often discovers the vein for which the expert geologist searches for many years. El Hafid sold his estate and wandered to distant lands, at last finding a solace from the troubles and disappointments of his useless quest for wealth beneath the waves off Africa's inhospitable shore, while the man who purchased El Hafid's farm, discovered in the little brook in the back yard, by which El Hafid had many times stood watching his camels slowly drink the clear water, running over the white sands, a stone which glinted and gleamed and reflected all the beautiful colors of the spectrum—in short, discovered there the mines of Golconda, the most fabulously wealthy mines of all history. So, too, the pseudo-Osteopath may stumble upon truth, not knowing the law of its philosophy, not seeing the harmony of its perfection, but groping in the dark he comes upon a hidden treasure, which to him is no part of a harmonious whole, but an isolated, separated accident. Such an one is no Osteopath, nor is he even an intelligent experimenter; for, ignorant of the perfect mechanism which serves for the distribution of the vital forces and fluids of the body, whose derangement leads to disease, he works automatically, and though he may get a result, it teaches him nothing, for he has had no previous foundation upon which to reason. As a sportsman who uses a shotgun cannot tell which shot brings down the bird, so he with his scattering touches can form no opinion as to which one reached the vital spot of the disease. The shotgun thus becomes his favorite weapon—in fact the only one he can use with any hope of accuracy. It is this unscientific work that has led so many to compare the Osteopath to the Masseur, believing that the two systems are in many respects identical. Perhaps the explanation for the existence of such belief is the fact that both systems are manual forms of healing, and without doubt many of the treatments of the pseudo-

Osteopath are not so beneficial as a massage. But the province of this paper is to compare the scientific foundation of Osteopathy, whose age is measured by decades, with hoary medicine, time-honored of the centuries.

Perhaps no form of comparison could be fairer than to place side by side the treatment of a few of the common troubles which the practicing physician and the practicing Osteopath, may alike be called to treat, and the scientific (?) methods employed by each. For our first comparison let us suppose we have a case of disease in which according to the diagnosis of the "regular" a heart tonic is indicated. What does the M. D. prescribe for the case? The answer is apparent and may be found in any work on therapeutics, or in any medical journal. His fancy has a wide range. He may select any of the following, prescribe them in almost any sized doses at any intervals which he may deem fit, all of them deadly poisons, and yet, find authority for his action in every case. Digitalis, caffeine, strychnine, atropine, ammonia, extract of cactus, valerian, asafoetida, extract of convallaria and beer. The foregoing is a list of tonics recommended in a single number of a standard medical journal, while there are hundreds of others recommended for the same thing. Now while it is true that these and others are recommended by the various dose books in various amounts, none of the books presume to explain, indeed no one knows or even suggests how the above mentioned drugs give tone to the weakened heart. Are they force generators? Do they form the tissues which are used in the muscle fibres of the heart, or do they affect the character or quantity of the blood stream which courses through the chambers of that fagging muscle? They only answer, "We do not know," and though you should ask a thousand questions you can get no further explanation than that in similar cases the administration of these drugs has been followed by the effect desired. And yet any practitioner will admit that what is meat for one may be poison for another, that any drug acts differently with different subjects, and markedly different with the same subject under different conditions; in short, that every dose of medicine is a blind experiment. As Rosseau says, "The practice of medicine consists in pouring drugs of which we know nothing into bodies of which we know but little." And yet though this is true, in the same journal from which the above list of drugs was taken, we find one doctor bemoaning the fact that of the abundant flora of the United States so few herbs have yet been found whose poisonous extracts are especially suited to the particular work of acting as heart tonics.

Suppose that you are the patient in question. What you will take for a weakened heart will depend upon the whim of your physician rather than upon your condition. In a case under the writer's own observation, four different doctors in succession, neither knowing that the other had prescribed, ordered four widely different drugs as heart tonics. Who can say that in this case the personality of the patient determined in any measure the drug best suited to his particular need? And yet the medical profession smile most superciliously when Osteopathy is mentioned as a science. How scientific such drug medication is it is not necessary to say. The facts speak for themselves. Now, let us call in to similar cases a number of Osteopaths—these men of *one idea*—men who need but one treatment for one disease, because their treatment is directed to the removal of the cause rather than to aborting its effects. The treatment in every case would be practically the same. By removing the obstruction to the nerve force to the heart, taking pressure from its functional nerves, removing the resistance to the peripheral circulatory system, the heart again would throb in its natural, ceaseless way. The centers for the circulation and the heart are, as the veriest tyro knows, to be reached through the first to the fifth dorsal, the vaso-motor centers are all reached through the superior cervical ganglion, while the centers for the various organs may be controlled through the corresponding regions along the cord. This work, with perhaps the elevation of the clavicle, the elevation of the ribs and the increasing of the capacity of the thorax, would constitute the rational method of treatment in such cases viewed from the standpoint of the Osteopath. Nor would any Osteopath hesitate, with such indications before him, to administer the treatment rationally and successfully, with such scientific and unerring precision that relief would be instantaneous and permanent, because administered in the manner designed by nature that it should be given.

But, are you certain as to results? Failure in the last method is almost an impossibility. Does a stone drop if unsupported, or a gas expand when unconfined, or the brooks follow their courses down the mountain side in obedience to gravitation? Then why not, should obstruction be removed, expect the heart to beat and the blood to flow in its multitudinous channels till man has lived his allotted three score years and ten, and at last the pendulum of life, vibrating through an arch growing ever shorter and shorter, ceases to swing because of the wear of the entire mechanism, rather than the failure of any one part? Would you be sure of the result where drugs were administered? In such a case the result is a decided

guess, a blind experiment. As a physician in the *Brief* truthfully says: "There are two things in medicine upon which the practitioner may safely rely, and these are that a mixture of sulphur, tar and mercury cures the itch, and that blue ointment is sure death to certain forms of body parasites." Is it little wonder that the honest practitioners give a less and less amount of drugs each year, and that their cures vary inversely as the size of their doses? The longer the practice of the doctor, the less his faith in the efficacy of drugs; the longer the practice of the Osteopath, the more confident is he of the virtues of his chosen science, convinced by observation and experience that it is able to successfully cope with any disease that is placed in the category of curables.

Again, compare the inaccuracy of drugs in the treatment of pneumonia with the accuracy of that administered by the Osteopath in the same disease and the new science will lose nothing by the comparison. It is this scientific accuracy that has won for the young king of the healing professions such staunch, unswerving loyalty and devotion on the part of those who have once been under his benign rule. Will any three of a dozen medical men give similar courses of treatment for this disease? Judging from the manifold recommendations, suggestions and remedies with which the medical journals teem, the chances are that they would not. The treatment is entirely without system; it is as chaotic as it was a thousand years ago. Each physician recommends a different drug and condemns those recommended by the others, nor will the different physical states and conditions of the patients account for this difference. The idiosyncrasies are on the part of the doctor rather than the patient. There is nowhere upon the pages of medical history, from the time of Esculapius to the present, a line which tells just what to do in such a case, and which experience has proved to be a safe and certain guide. One doctor recommends a large soft poultice, another aconite, a third would find in bromides the safe remedial agent, the next would cup, another blister and another bleed. Next comes one who recommends either the hot pack or the cold pack, and still another who would use only lobelia inflata, and a last gives veratrine, and so the story goes through the whole contents of the pharmacopœia. One begins the treatment with a purge, another uses an emetic, another finds virtue only in anemeta, while a majority, disregarding all these as useless or worse, and with a calm trust that borders upon the sublime, pours the poisonous drugs down the unoffending œsophagus trusting that somehow they may reach the lungs, if not in fact, in effect. And how fares the patient? Should he live it is due to the wisdom and skill of the physician in keeping back the "fell sergeant." Should

death claim his victim the grave covers all, and the sorrowing friends are reminded that the inscrutable decrees of Providence are above all finding out. Would the "bone doctors" so scientifically treat a similar case? They have not a hundred different methods. For them the indications are plain. There is a center which controls the circulation in the lungs. The location of this center any Osteopath knows, and he further knows that should he succeed in securing a normal circulation through the congested lung the diseased condition will be quickly removed. A stimulation to the lungs to induce them to throw out the accumulated matter, the emphysema is relieved and the breathing becomes normal. By a stimulation of the bronchial center the exudation is raised. Of course no Osteopath would for a moment undervalue the therapeutic value of nursing,—indeed it is the star of hope in the medical sky, yet of itself it is not enough. Osteopathy sets the mechanism of every part in its proper place, and the nurse must care for it that it is not again disturbed till health and vigor have been regained. No opium, no special treatment for each separate variety of this disease, but the Osteopath has the same object in view whether it be lobar, bronchial, pleuro, interstitial, etc., or just plain lung fever. The Osteopathic treatment in this case as in all others is an intelligent attempt to remove in nature's harmless way the cause which produces the diseased condition. We close with the question which stands at the beginning of this article, "Which a science, Osteopathy or Medicine?"

Mechanico-Therapeutics.

AT THE present time there is a decided tendency in the medical profession to acknowledge the virtues of Osteopathy by attempting to grasp and appropriate some of its principles, while most heartily repudiating the name. To them the odium is wholly within the word, while its principles and the philosophy of its teachings are in every way worthy of their most hearty commendation. It is truly refreshing to contemplate the calm assurance with which the doctors assume to themselves as their privilege and duty, all methods of healing whatsoever, unmindful of the incongruities which must follow the mixture of such antagonistic forms of treatment as Osteopathy and Medicine. It never occurs to the medical man that his course of study in no way fits him for administering Osteopathic treatment scientifically, that Osteopathy is as far from drug medication as the east is from the west, and that a careful and

systematic study of its principles is necessary to fit anyone, no matter how learned in other things, to accurately apply it to the curing of disease. Along this line is a paper read before the New York Medical Association, December 12, 1897, by T. J. McGillicuddy, M. D., beginning with the following suggestive statement:

There are many who would seem to believe that our only remedial agents are drugs, because, notwithstanding the decided limitations of drug treatment in chronic diseases, they are content to go on employing this method for these diseased conditions year in and year out, and often with the most unsatisfactory results.

The most important aim of therapeutics should be the removal of the causes of disease. Drugs and chemical agents are not as valuable as mechanical and dietetic measures in accomplishing this in the more chronic maladies. * * *

To those who are unacquainted with the natural remedial resources lying dormant in the organism, who know nothing of the latent powers of recuperation by which (when properly developed) health is obtained and continued, the benefits resulting from mechanical treatment often are marvelous.

Coming from an M. D. and delivered before an association of doctors whom we are apt to consider narrow in their prejudices, such a statement is truly remarkable for its frank admission of the truth of the great basic principle of Osteopathy, viz: That the inherent remedial resources of the human organism are adequate for the ultimate recovery from disease without the use of drugs, if Osteopathic manipulation be given an opportunity to change those resources from a dormant to an active state. But that the writer would disregard the right of those not skillful in the art of prescribing drugs to administer mechanical treatment, even though they had spent years in preparing themselves for just such work, is seen from the following definition in which he clearly limits the term "physician" to a doctor of medicine:

Mechanico-therapeutics embrace the treatment by a properly qualified physician of the sick (chiefly those suffering from chronic diseases), the deformed, the convalescent, the feeble, the aged, and persons needing to counteract the effects of sedentary occupations, by means of active and passive movements, mechanical operations and manipulations executed by the hand directly upon the skin.

After an elaborate exposition of the dangers, such as cardiac hypertrophy and albuminous urine, arising from the over exertion of organs due to the excessive zeal of the operator, he says:

If it were not for these dangers laymen might be entrusted in some cases with this work. * * * Where mechanical treatment and manual treatment or massage is given by ordinary laymen for disease, in the majority of cases it does not meet the indications, but does no good if it do no harm. Laymen know nothing of pathology. Why, then, should we trust them with the treatment of disease? Manual treatment is a necessary part of mechanico-therapeutics. It should, however, be applied scientifically in a manner to obtain the physiological results desired from each manipulation.

It needs no argument to convince anyone who thinks for a moment that the person who has carefully prepared himself by study and experience to administer mechanical treatment so as to secure the desired results is infinitely better prepared to do so than is an M. D. Every school of Osteopathy has a chair of pathology. Do medical schools teach mechanico-therapeutics? I leave it to the reader to judge which is the better prepared for this work. But the real motives which prompt the article are to be found in the following excerpt. It is an admission that mechanical therapeutics is becoming a popular method of healing, popular because successful, and the author very delicately calls those "charlatans" who persist in securing results in cases which, according to the medical code, should yield only to the treatment of a "regular." It is strange how little respect Dame Nature has for medical ethics:

The number of those outside of the medical profession who attempt to cure every disease by massage is appalling. They have here monopolized this field and brought a most valuable means of treatment into disrepute. These individuals may do very well to give the body a general rubbing, as after a bath, but we should never allow them to treat disease manually or otherwise. They have possession of this field in this country only, and with the endorsements of those who ought to know better they go about with great pretensions vaunting their wonderful cures. If physicians did all the manual treatment of special organs or parts and left the "general rubbing" to the nurses, they would thus get rid of formidable rivals who are now usurping much of the province of the profession, and save to medical men a vast amount of money that is now worse than wasted on Swedish and native charlatans. We complain bitterly of the druggists prescribing for our patients, while here is a greater enemy.

The latest mushroom growth that has sprung up in the field is termed Osteopathy. This pseudo-science is having considerable vogue in the West. It has a grain of truth to its bushel of chaff, and here, as elsewhere, it is our duty to seize and utilize that grain, because, if we do not already possess it, we thus add to our strength. As liberal physicians we take the good no matter where we find it. So long as it is of genuine value to the sick and suffering we adopt it, and thus we leave no excuse for the foundation of sectarian schools or "pathies or pathys."

As a resumé of his article the writer sets forth the following list of the remedial effects of manual treatment which, as every Osteopath well knows, is an incomplete list of the results to be derived from Osteopathic treatment:

1. To regulate the circulation. The circulation of the blood and lymph is greatly influenced by the action of the muscles. Muscular action presses the blood through the veins more rapidly; thus its progress toward the heart is greatly accelerated. In cases of muscular inactivity, these scientific movements will often produce the quickest results in restoring an unbalanced circulation to its normal condition.

2. To increase secretion and excretion. Where there is a great diminution of secretion or excretion, systematic curative exercise and manual treatment is

of great service. It is especially useful in cases of congestion of the liver and other viscera and inactivity of the skin.

3. To increase respiratory power. The breathing power and capacity of the lungs can in no way be so rapidly and powerfully developed as by mechanical and manual treatment. We have known persons to thus treble their breathing power in a few weeks. I have in mind now a case of chlorosis, a girl of seventeen, who all her life had been delicate. She had been given Bland's pills for two years without improvement. Her breathing power—or as some call it, lung capacity—at the beginning of the treatment was fifty cubic inches, at the end of four weeks it was 100 cubic inches, and in eight weeks it was 150 cubic inches. Thousands have been saved from a consumptive's grave by means of curative exercise. The lungs with their bronchi and blood-vessels are mostly muscle, and functionate like the digestive organs only through muscular activity.

4. To increase digestive power. In many chronic diseases of other organs as well as in functional derangement of the stomach, deficient muscular and digestive power of the stomach and intestinal canal may be greatly benefited, and, in many cases, completely cured by means of this treatment.

5. To increase assimilation. Many chronic diseases owe their cause to imperfect assimilation. It is not what we eat or what we digest that benefits us, but what we assimilate through the tissues. There is no means by which assimilation may be so powerfully stimulated and encouraged as by the careful employment of mechanical and manual treatment.

6. To increase vital action. This method of treatment is of great service in case of debility and general weakness, and in all diseases where there is inactivity of the vital functions.

7. To regulate muscular action. No remedy is of greater value in treatment of disordered muscular activity, as in various distortions of the spine, resulting from unequal muscular action; also, in many cases of uterine displacement. In cases of paralysis no other remedy, unless it be electricity, will accomplish so much as systematic, skillful, mechanical and manual treatment.

Add two or three more results to this list and it would be a complete statement of the ends of Osteopathic treatment. Since it is true that they seek to obtain the results which everyone who has investigated Osteopathy knows the Osteopath does obtain, the question naturally arises: "Why should we come in for such a large share of their opposition and abuse?" Can it be that a long experience with the uncertain and irregular effect of drugs has caused them to lose confidence in the regularity of nature and the unvarying certainty of her method of healing, or is it barely possible that they are actuated by a motive that is tinged with the color of silver and gold?

Every doctor of Osteopathy should become a subscriber to THE COSMOPOLITAN OSTEOPATH, and watch the official growth of the new science.

An Osteopath in Trouble.

Dr. Woodruff Fined—Refused License to Practice Osteopathy, and Arrested for Practicing Without License.

AN INTERESTING contest between the Indiana State Board of Health and the Osteopathic School of Physicians has just come to a close in Lafayette.

Some weeks ago Dr. Gott, of Crawfordsville, a member of the board, called the board's attention to the fact that the Osteopaths practicing in the State had not taken out either State or county license, as required by the new State medical law.

The Osteopaths stated that they were not engaged in the practice of medicine, and were not required, therefore, to take out license. They furthermore urged that even should they apply for license the State Board would refuse it. The State Board is made up of representatives of the Allopathic, Homeopathic and Eclectic schools, and it has been its policy to refuse the application of all who are not regular graduates of one of the three schools.

When the Osteopaths defied the board, it was decided to make a test case, so Dr. Woodruff, who is reported to have come recently from the Institute of Osteopathy at Kirksville, Mo., and located at Lafayette, was arrested for not taking out a license before engaging in the practice of medicine. The trial of the case was bitterly contested, both sides being represented by the best counsel in the State.

The court found Dr. Woodruff guilty as charged, and fined him \$40. Woodruff has taken an appeal to the Supreme Court, and will endeavor to have the law declared unconstitutional. The State Board will cause the arrest of all other Osteopaths practicing in Indiana.—*Commercial*.

"God pity the men that make the laws
That would send a man to jail,
For taking a fee for curing the sick
Where the licensed doctors fail."

Triumphs of the New Surgery.

Physicians in ordinary practice consider dentists as inferiors professionally; yet it is a fact that dental science has progressed

more than any other branch of surgery within the last quarter of a century, if that which pertains to the eye be excepted.

False teeth are now made to such perfection that, while deceiving the eye to admiration, they are almost as good as real ones for chewing. But the most wonderful thing accomplished by the dental surgeon is the transplantation of teeth. He can actually take a good fresh-drawn tooth from the mouth of one person and plant it in the jaw of another, so that it will grow and be to all intents and purposes as good as if it had sprouted originally in its new situation. A satisfactory connection with the old nerve is established, the fortunate fact being that nothing in the body unites more readily than nerve tissue.

The transplantation of bones is another triumph of the new surgery. Where a human bone has become diseased or otherwise damaged beyond repair, it can be replaced under reasonably favorable conditions by a bone taken from an animal.

Only the other day the leg-bone of a child in New York City was made good in this way by a bone from the leg of a dog. Rough on the dog, one may say, but that point is not considered seriously in questions of human life and health.

The nose is an organ liable to damage, and various diseases attack it and impair its beauty. Where the bridge of that organ has fallen in, or has been destroyed, it has been found practicable to put in an artificial bridge of chicken-bone. Sometimes gold or platinum is preferred as the material. The proper antiseptic methods being followed, the flesh heals over the new bridge without irritation, and thus life is made worth living once more.—*Western Trade Journal*.

Advantages of Des Moines.

Inducements to Students and Patients Who Visit the S. S. Still College and Infirmary of Osteopathy.

DES MOINES is a city of 75,000 people. Its streets are well improved and the climate is exceptionally healthy. No diseases are prevalent. The death rate is lower than in any other city of the country of 75,000 people. It has forty-five miles of electric street railway. The streets are well sewered and paved. It is blessed with water works and pure water. It is abundantly lighted with gas and electricity. It has forty-five magnificent school buildings, including Drake University and the Highland Park College.

It also has sixty-five churches, and with all this it has a fine public library of 23,000 volumes, including 3,700 volumes of public documents. These are advantages which the student cannot obtain at any other point. Lake Tac Hussey—a widening river—is about seven miles long, and sports a fleet of steam yachts and myriad smaller craft. The Colfax Mineral Springs—a popular health resort—are within twenty-three miles, with Spirit and Okoboji lakes within easy distance. Arrangements are already made by which the students can have free access to the public library, and this advantage cannot be obtained in any other school of Osteopathy in the country. Therefore, we take pleasure in calling the attention of the students who propose to take a two years' course of Osteopathy, to them. These advantages are unequaled and unsurpassed by any other school of Osteopathy in the country.

Disadvantages of Kirksville.

WE ARE very glad to see that the city of Kirksville, Mo., is moving in attempts to get water and the cleaning of filth from their streets. The town was rapidly becoming a hotbed for typhoid and malarial fevers. It was reported that at one time last year there were 200 cases of typhoid fever in Kirksville, and we are informed that even now there is much sickness in the town, owing to lack of sewerage and good water. Last week's *Kirksville Press* has this to say:

The plain English of it is, this town, in the thickly settled portion, is a stench in the nostrils of everyone who has not lost the sense of smell. Is there no authority to compel people to clean up the cesspools and other filth about their premises, who neglect to do so? A general cleaning up and fumigation should take place for our own sake and for decency's sake, and for the sake of the town's reputation abroad, which is a big item with us. Let the order to clean up and keep cleaned up go forth, and be executed strictly, if it takes a dozen officers to enforce the order. It costs less to be clean than to be filthy.

Another item from a Kirksville paper of last week says:

Can anything be done toward clearing up the streets and alleys of this city? The condition of things along the sanitary line is terrible.

Our brethren of the Kirksville press are determined to stamp out the fever epidemic.

Send us \$3.00 and we will send four copies of THE COSMOPOLITAN OSTEOPATH for one year to four addresses.



Dr. S. S. Still.

WE PRESENT above, a picture of the President of the S. S. Still College and Infirmary of Osteopathy in this city. Dr. Still is without doubt the best teacher of the science of Anatomy and Osteopathy, in the country. He learned the science of Osteopathy directly from its founder, Dr. Andrew Taylor Still, and when he went to him, he possessed a collegiate and scientific education so that he was fully equipped in every way to learn the new science from a most thorough and scientific standpoint. In support of this proposition, we can bring the highest proof from the founder himself for, in speaking of the ability of Dr. S. S. Still as a teacher, Dr. A. T. Still says:

The student's first introduction to the study of anatomy is by Prof. S. S. Still, in the department of Descriptive Anatomy. Here the entire body is gone over from books, charts, etc., in the most thorough manner possible without dissections. For this work no man in the United States is better qualified than Professor Still who, in addition to a most remarkable knowledge of anatomy, is a graduate of Osteopathy. When the student finishes the work under Professor Still, he has the essentials of "book anatomy" at his tongue's end, and is thoroughly prepared for the practical work over the cadaver.—*Journal of Osteopathy.*

The next highest testimonial, of course, must come from students themselves. In every class in the American School of Osteopathy in which Dr. S. S. Still has ever taught, he has been honored by his class, and in the last class that graduated, Miss Dorcas Ellen McNicoll responded for the class as follows, in which she voiced the sentiment of every student in the class, and undoubtedly of every student in the College. In her address, as given in the *Journal of Osteopathy*, she says:

Looking backward, the day of our matriculation seems as yesterday. We are still conscious of the warm hand-clasp of our first preceptor (Dr. Summerfield S. Still) as he guided our tottering, uncertain steps at the foot of the slope, always pointing to the heights, the goal—Osteopathy. *What matter if we sometimes swung out from spine or tuberosity, over a seemingly bottomless abyss; he was equal to all emergencies; from his pockets came bridges galore.* Who, of all our number, recalling the proverbial pencil with its worthy helpmeet, the spectacle case, could ever "despise the day of small things?"

What a compliment this is, coming from those who have received their graduation under his tutorship. All through the work there was no point reached where Dr. Still was not equal to the occasion. As Miss McNicoll says, "What matter if we sometimes swung out from spine or tuberosity, over a seemingly bottomless abyss." Dr. Still, of all others, was equal to all emergencies. He could pass them safely over any difficulty and land them at the goal of perfection in Osteopathy. From the time of matriculation to the hour of graduation, Dr. S. S. Still stands pre-eminently as the best teacher in the science, attested by all those competent to judge. Hence it is, that a diploma issued by The S. S. Still College and Infirmary of Osteopathy, at Des Moines, Iowa, will stand in the future among the best, and at the head of the list.

Every student and graduate, as well as every friend of Osteopathy, should become a subscriber to THE COSMOPOLITAN OSTEOPATH, and preserve its files for future reference. The way to do this is to become a subscriber and receive each issue regularly. Three dollars in cash will pay for four subscribers.

Cosmopolitan Osteopath

DES MOINES, IOWA.

Published monthly. Entered at Des Moines postoffice as second-class matter.

A. L. CONGER, - - - Editor.
W. L. RIGGS, - - - Associate Editor.

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Editorial.

OSTEOPATHY.

Good medical authority and statistics tell us that there is one M. D. or one medical doctor or graduate in medical science for every five hundred inhabitants of the United States, and that there are, according to corrected statistics, over seventy million people now occupying this country, and we have today one hundred and forty thousand graduates in medicine and surgery in this country. As the wonderful science of Osteopathy progresses and its marvelous effects upon mankind as a therapeutic agency becomes known, the more and more it becomes apparent that graduates in the new science of Osteopathy must eventually take the place of the one hundred and forty thousand M. D's. now in the field. There is room now for ten thousand Osteopaths this year; the same number next year, and so on until the one hundred and forty thousand is made up. What magnificent inducements, then, for young men and young women to choose the newly discovered science of Osteopathy as their profession. The moment they become graduates they can go out to practice in a town of five hundred or one thousand people and can earn \$250 or \$500 per month, and in some places \$800 to \$1,000 per month. No other channel or profession furnishes such a grand chance for a remunerative profession as this. Take for instance

the teacher in our public schools, and how few of them can earn \$100 a month, and where is there an Osteopath who would be content with such a meager compensation. Again, women are best adapted to become graduates of this science and make most successful operators.

For ladies and gentlemen the S. S. Still College and Infirmary of Osteopathy, Des Moines, Iowa, affords them a better chance to learn the new science than at any other College in the United States, because among its teachers and professors are the best and most experienced in the new science anywhere.

For instance, the President of the College, Dr. S. S. Still, is pre-eminently the acknowledged superior as a teacher of the science, of any other man in the world, so we are told by Dr. A. T. Still, the discoverer and founder of the new science, as well as every intelligent graduate and student who has been under his tutorage, and the whole corps of teachers will correspond with him in fitness; and then as to lady students, no other college in America can compare favorably with the Still College in Des Moines, first, as to its President, second, as to its ladies' department,—it has as a distinguished and able anatomist, Dr. Georgia Stewart, M. D., who is one of the most able and experienced lady anatomists in the land. In speaking of Dr. Stewart, Dr. O. D. Benson, M. D., Professor Medical Therapeutics, Des Moines, says: "I take pleasure in recommending her. She is qualified to fill any position." The fact that this lady M. D. will be lady demonstrator of anatomy on the cadaver, will be most gratifying to all lady students. This has been a long felt need among the lady students of Osteopathy. The S. S. Still College was the first to supply the needed want.

Again, Mrs. S. S. Still will occupy the chair of Obstetrics and Gynecology. She is undoubtedly the best lady graduate in this branch of the new science.

Again, the lady students of the Still College at Des Moines are most fortunate in having this able lady in the chair of Obstetrics. No other college can offer to its lady students such advantages as can the S. S. Still College of Des Moines, Ia. Again, Miss Blanch I. Thobarn, who is a graduate of the Kansas University and was an assistant in the Chemical Laboratory there, will occupy the chair of Chemistry, and these able doctors compose a trio that are not equaled by another faculty of any other College of Osteopathy. Hence, we can say, with the strength and support of all lady students, that the ladies' department of the S. S. Still College of Osteopathy at Des Moines excels all others—not only in its ladies' department, but in the gentlemen's, also.

At the inner harbor or entrance to New York City, at the very gateway, stands the statue of liberty, presented by France to this country in memory of the distinguished services of Lafayette to this country. This statue of liberty is to enlighten the weary traveler and all mankind that they are about to enter the land of liberty. And so one leading graduate in Osteopathy who is now out testing the merits of the science on the "tented field," so to speak, in commenting on the new magazine, says: "Hurrah for THE COSMOPOLITAN OSTEOPATH. Long may it live to enlighten the waking world!" Verily this is not only the land of liberty but of Osteopathy as well. And "THE COSMOPOLITAN OSTEOPATH has arrived" to enlighten the world and all mankind on the true light of Osteopathy.

The editors of THE COSMOPOLITAN OSTEOPATH have just reason to feel proud of the many congratulatory letters received by them from Osteopaths, and from the favorable comments they have received from the public press as well as from the many friends of Osteopathy everywhere, on the first issue of

their magazine, THE COSMOPOLITAN OSTEOPATH; and while these are too numerous to publish in full, as they would fill an entire issue, we take the liberty, however, of publishing extracts from some of them, and herewith return to all our sincere thanks for the kind words they have sent to us. We shall strive to publish in THE COSMOPOLITAN OSTEOPATH a magazine that shall be devoted exclusively to the science of Osteopathy and the advancing of its principles—a representative magazine, one whose columns shall be kept free from all personalities, one that shall be able to defend Osteopathy when it needs defense and aid Osteopaths in all honorable efforts to advance and build up the new science, no matter from what school they graduate, so they conform to the established laws of the land touching the science. There is no patent on the science. One school can teach the science and its principles as well as another if they be as well equipped and understand its principles. It is a question of which is the best equipped and most experienced, but all are alike interested in pushing and advancing the science, and it must be protected alike in all honorable efforts to advance and upbuild the science. Dr. Andrew Taylor Still said, in his *Journal of Osteopathy*, in December, 1893: "Osteopathy, at its present stage of development, challenges the admiration of the student of progress. It unfolds a thousand facts as simple as A, B, C. But you must understand these facts in order that they may be simple to you. You must, in addition to this, discard the idea that Osteopathy is a special gift to its founder and cannot be taught to others. On the contrary, it is placed before the world the same as the science of electricity, and one principle after another has been discovered till an unbroken chain of principles has been formed strong enough to stand the test of eternity." Graduates in the science of Osteopathy now out practicing their profession have fully demon-

strated the truth and wisdom of what Dr. Still says, and every graduate should familiarize himself with this charge of Dr. Still made at this early day. THE COSMOPOLITAN OSTEOPATH takes this broad view of the situation as Dr. Still laid it down to "students of progress" when he gave the science to the world, in which he practically said

that there was no patent on it, but it was given to the world the same as the science of electricity. It then became a question of the development and spreading of the science over the world, and no graduate must be hampered, but must be sustained and defended in honorable practice, no matter how humble he may be.

What the Leading and Distinguished Osteopaths Say of The Cosmopolitan Osteopath

WE OMIT names in most cases lest the motives of our correspondents be misinterpreted, but we have all the official letters and correspondence in our office.

OUR FIRST SUBSCRIBER.

HASTINGS, Neb., July 29, 1898.

Col. A. L. Conger, Des Moines, Iowa:

DEAR SIR—This will acknowledge the receipt of the first issue of THE COSMOPOLITAN OSTEOPATH. The name is very appropriate and I am very much pleased with the make-up and contents, which makes interesting reading for the Osteopath or any one interested in Osteopathy. Am so well pleased with it that I herewith inclose request in shape of one dollar note to be put upon your subscription list for a year. Send to Kirksville, Mo., until further notice.

Wishing you and your co-workers every success, I am

Very truly, etc.,

G. W. TULL, D. O.

"After so long a time THE COSMOPOLITAN came. How do I like it? It is just splendid, the very best Osteopathic journal published. It is both spicy and newsy, filling in many respects a long felt want. Deep in thought, high in aspirations, broad and liberal to all Osteopaths and everybody else. I believe every true Osteopath will look eagerly for its monthly visits; read every page ravenously and reread many of its able articles

with delight and great benefit. I am so glad to see a spirit of the kindest consideration and respect for the feelings of all honorable journals that are trying to elevate and advance the new and noble science of Osteopathy. I am glad to see the broad and manly defence of its principles in the new journal. I am glad to see it start out in its young and vigorous manhood. I believe it will develop into a real giant. I am glad to see its pages open to exchange of thought and also inviting criticisms on all phases of Osteopathy. Well I stop writing for want of words of appreciation of its merits."

"We have read and enjoyed every word of THE COSMOPOLITAN OSTEOPATH. We are all proud of such a magazine. Long may it live and enlighten the waking world. The people, thinking people, are just ready for Osteopathic truths and treatment. We congratulate you and wish you every success in the world. I enclose you list of our friends here; many of them I think will become subscribers if you will send sample copies. Hurrah for THE COSMOPOLITAN. The proposed building for the S. S. Still College and Infirmary is beautiful indeed, and I trust you may soon be busy and

happy in it. Des Moines is certainly a lovely location for the School and Infirmary."

"Enclosed find money order one dollar for subscription to THE COSMOPOLITAN OSTEOPATH. I have seen a sample and am much pleased with it. Your excellent magazine certainly merits success in its endeavor to represent the science broadly and for the interests of all. I subscribe to it as a valuable aid in keeping me up to date in all that concerns Osteopathy. Send August number to me, and mail following numbers to my permanent address, Kirksville, Mo."

"I now have on my desk a copy of THE COSMOPOLITAN OSTEOPATH. I deem it an unique magazine, and congratulate you and your associates and wish you much success in your work."

"Since arriving here I have read THE COSMOPOLITAN OSTEOPATH. I was expecting something good. I was surprised, for it was much better than I anticipated. It is a credit to you not only in the subject matter but in the form. It is surely an earnest of what the school will be."

"I have only this to say. It is the only magazine of Osteopathy I ever saw, and am proud to hand a copy to my patients and friends. You may send some more if you have them."

Dr. ——— writes us from Arkansas, and says, "Ain't it a daisy!"

"Yours of the 18th inst. came duly to hand. We have also the initial number of THE COSMOPOLITAN OSTEOPATH. * * * Our pleasure in it extends to its entire make-up,—matter and manner. It is all right. I am very glad indeed to note the manner in which you handle all matters that are liable in any way to create any friction, or that have

become the subject matter of controversies heretofore. You take just the right view of it, and have moved just right."

"I acknowledge receipt of the August and initial number of THE COSMOPOLITAN OSTEOPATH, and hasten to place our subscription. Congratulations are due you for the general excellency of your magazine. I have repeatedly expressed my hope while discussing the matter of Osteopathic journalism with fellow Osteopaths and friends of the science that there would soon obtain a higher form of editorship. At this stage of development of the science much real mischief is resulting from the indiscriminate publication of articles dealing more particularly with topics embracing fundamental Osteopathic doctrine and physiological law. I have seen much in print lately, from one source or another, quite erroneous in teaching, and in effect tends to swerve the science from its true course and in the direction of compromising with those seductive sophistries that permeate the old. No greater danger confronts the science to-day than this tendency, and its checkmate lies largely in the hands of watchful editorship. It seems to me I discern this spirit in the pages of THE COSMOPOLITAN OSTEOPATH."

From Cincinnati, Ohio. "I was surprised and pleased to receive THE COSMOPOLITAN OSTEOPATH this morning, with the good old name on the cover. I am so happy to know that you and the dear Colonel have entered upon this new enterprise, for I am sure that you will be successful, and, better still, that you will be very useful. You have two warm, generous hearts, and you have been so accustomed to doing good for so many years past that it will all come very natural to you. I envy you the privilege. There is no joy so sweet as that of doing good to others. I am delighted to know that you are in condition to attend to business again."

"Let me congratulate you and your associates on the first issue of THE COSMOPOLITAN OSTEOPATH, several copies of which were received yesterday. Doctor and I are getting on quite famously—four pay and two charity patients, all doing nicely, considering the fact that they are quite serious cases, though I presume she has told you about them."

"Herewith enclosed find \$1.00, for which please place my name on your subscription list. The initial number of THE COSMOPOLITAN OSTEOPATH arrived the 24th inst., and I think it decidedly Osteopathic from 'stem to stern,' and I hope that it will be the avenue through which a vast number will reach our beloved science and receive benefit therefrom."

"I have just finished reading the initial number of THE COSMOPOLITAN OSTEOPATH, and am so pleased with it that I write to say that I think you have gone a long ways towards achieving the high standard that you told me in our last conversation you had set for an Osteopathic journal. The contributed articles are certainly worthy of that standard, and the thing most pleasing to the educated mind is its broad and conservative style. You are to be congratulated also on the neat and appropriate cover design. I am sending the copy I have to a friend in Chicago, and if you are sending another bagful should be glad to have you include one to the address on enclosed slip."

"The initial number of THE COSMOPOLITAN OSTEOPATH, the official organ of the proposed Dr. S. S. Still College and Infirmary of Osteopathy, at Des Moines, Iowa, has reached my desk. It is an ably edited and neatly printed journal, and no doubt will add much to the efficiency of journalism. The journal and college have my hearty

approval, and I bespeak for them unbounded success in their new undertaking."

SEATTLE, Wash., July 29, 1898.
Col. A. L. Conger, Des Moines, Iowa:

DEAR COLONEL—We received sample copies of THE COSMOPOLITAN OSTEOPATH, and have perused them with a great deal of interest. I want to congratulate you and Dr. Still on the elegant and business-like appearance of your publication and wish you every success.

We enclose herewith copy for card to go in your next number. Please put us down for twenty-five copies of your magazine each month, and send bill for same.

We are beginning to do some business out here and have made good friends among the best people. We had a patient from Alaska this morning, a real Klondike Indian. I believe he is the first Alaskan and Klondiker to take the treatment.

I would be glad to hear from you at any time, and shall try to prepare an article for your magazine before long.

Yours very truly,
W. A. POTTER,
Washington Institute of Osteopathy, Inc.

July 24, 1898.

MY DEAR PROFESSOR—We have just received THE COSMOPOLITAN OSTEOPATH and we think it splendid. Please accept my most hearty congratulations and good wishes in the work.

"Yours of the 3d received, also THE OSTEOPATH, and I am pleased to say for the initial number that it far surpassed my expectation, and I predict its future to be one of, if not the leading journal of Osteopathy in America. By the assistance of one of the leading educators of this country I have placed one-half of the copies you sent in the hands of some of the most promising young ladies and gentlemen in the

country, and will distribute the remainder as fast as I can find suitable parties to give them to."

PORTLAND, Maine.

The sample copy has arrived and I have enjoyed it very much. I should be pleased to give it circulation from my office table in company with the *Northern Osteopath*, who send a few copies. If you so approve, they will be so disposed as to do you good and the cause of Osteopathy generally.

DEAR SIR—I have just returned from a month's vacation to my home in Illinois and find sample copies of THE COSMOPOLITAN OSTEOPATH. Haven't had time to note carefully its contents, but as far as I have investigated am very much pleased with its appearance, and knowing the enterprise and push of the parties interested in it, I predict for it a bright future. You certainly have my best wishes for its success. Enclosed find one dollar in payment for one year's subscription. Thanks for copies sent.

The Cosmopolitan Osteopath and S. S. Still College and Infirmary of Osteopathy, Des Moines, Iowa:

GENTLEMEN—August 11th may seem a late date on which to offer congratulations, when my attention had been called to the fact that you intended opening an infirmary and college of Osteopathy by your announcing circular about six weeks since, but owing to my being especially busy at the time, the matter was laid aside and crowded out of my mind completely until I received your magazine (first issue) which is a clean and beautiful publication. Then my seeming negligence was brought forcibly before me. Although tardy, I trust you will consider my congratulations none the less sincere, for I assure you they are from my heart, a heart zealous for the advancement of Osteopathy, and knowing all connected with your noble institu-

tion there is no doubt in my mind as regards the success of the Des Moines school and the advancement of the science there represented. At first you will have more or less discouragement, and sometimes may feel that the load you carry is not worth the trouble it makes you, but mark you, the discouragements are the polish for the institution's character, without which it will not shine, so bear it patiently. As a matter of encouragement to the members of your institution, and an impetus for the students already enrolled, and those contemplating the study, would say that while the work from the beginning up to date has been far from easy, I grow more in love with it daily, the results obtained are far beyond my expectations, and as to whether I have been kept busy you know my record up to my arrival in New York, and when I tell you that on June 1, 1898, I treated eighty-three, the highest number in any one day in my office in this city, you will more fully understand the delay of these congratulations, which I trust you will accept and pardon my unintentional silence.

If I can be of any service to you command me at any time. In conclusion I exhort you to patience, strive to the end with the hope that our record will be as His whom we follow. "He went about doing good." Fraternally,
GEO. J. HELMER.

August 9, 1898.

MY DEAR DR. S. S. STILL—Your August journal arrived all O. K., and I must say I was truly delighted to receive it. THE COSMOPOLITAN OSTEOPATH is by far the cleanest and best true publication of Osteopathy I have yet seen. The policy of your editors is certainly the right one.

The liberality of the journal strikes me as especially commendable. Intolerance is a sin too many Osteopaths will have to answer for. While we are being assailed by the narrow-minded followers

of other sciences we must not advertise ourselves by a manifestation of the same spirit. On the other hand we should hold ourselves open to the truth from whatever source it may come and give respect to the honest views of all men. Then, too, I very greatly admire your removal of all patents and copyrights off of all that is good in Osteopathy. If our science is of any value, it must be given to humanity. Let its principles be spread abroad, so that all people may receive its benefits. The object of the science is to relieve suffering humanity, then to keep it from the common people would only defeat its very object. I want to be enrolled as a subscriber to your journal. I also want to see your catalogue when it is published. Give my best regards to your most estimable wife and family, and Mr. and Mrs. Conger. I sincerely wish for you all the success you most truly deserve.

Very sincerely,

Infirmary Notes.

OUR FIRST PATIENT AT THE INFIRMARY

Mrs E. J. Collinson of Cleveland, Ohio, has the honor and distinction of being the first patient treated at the S. S. Still Infirmity in this city. She is in Des Moines visiting her mother, Mrs. Miller, at the Hotel Normandie. She met with a misfortune in falling, dislocating her shoulder, from which she suffered intense pain. She tried medicine and failing in that she tried Christian Science, and failing in that she came to the Still Infirmity, suffering excruciating pain. Although the Infirmity was not yet open for receiving patients Mrs Conger gave her a treatment, relieving the pain at once, and in four treatments her shoulder was fixed all right and she was cured entirely. She is loud in her praises of Osteopathy. It was fitting in this case that the Infirmity should be opened by an Ohio patient, treated and cured by

by an Ohio lady. The Infirmity is now running most successfully.

The Infirmity practice is rapidly growing, and patients from a distance are already beginning to come in.

Mrs. Belle Balyeat from Tekamah, Neb., was the first to cross state lines that she might receive treatment at the S. S. Still Infirmity.

Judge Cole, one of Iowa's most prominent jurists who has been on the supreme bench of Iowa, is happy to witness that Osteopathy has proven more effective in his case than he had even hoped it would. Judge Given, another able jurist and one of Iowa's supreme judges, also testifies as to its effectiveness. At least two of the judges of the supreme court thus render their decision for Osteopathy. Let others investivate.

Mr. Fred Edwards of Winterset, Iowa, who began treatment on the day the Infirmity opened, was within the first week entirely relieved of the most excruciating sciatic pains.

Miss Gertrude Andrews of Grinnell, Iowa, is rejoicing in the fact that while she had been condemned to die of consumption, by the regulars, she is now rapidly improving.

Mr. Brown, a traveling man from Webster City, Iowa, has been off the road for some time, suffering with a severe attack of rheumatism. He could find no relief, so he decided to try Osteopathic treatment at the S. S. Still Infirmity of Osteopathy at Des Moines. Relief from his suffering came so quickly that he not only endorses the treatment of Osteopathy, but is thinking seriously of entering the S. S. Still College at Des Moines, studying and learning the science.

Every family and every housewife should become subscribers to THE COSMOPOLITAN OSTEOPATH. Price, \$1 per year. \$3 in cash will pay for four copies for one year.

Press Notices.

This office acknowledges the receipt of a copy of THE COSMOPOLITAN OSTEOPATH, published at Des Moines, Iowa, with Col. A. L. Conger as editor. It is nicely illustrated, its columns well edited, while it presents a very neat magazine appearance. More of it hereafter.—*Corning (Iowa) Gazette*.

THE COSMOPOLITAN OSTEOPATH is a monthly magazine published in Des Moines, Iowa, with Col. A. L. Conger, formerly of this city, editor. The August number is Vol. I, No 1, and is an exceedingly presentable issue of over fifty reading pages, and a fair number of advertising pages. The magazine is published with the avowed purpose: "Devoted to the advancement of the science of Osteopathy."—*Akron (Ohio) Beacon*.

THE COSMOPOLITAN OSTEOPATH is the name of a new monthly published at Des Moines, Iowa, and devoted to the promulgation of Osteopathic ideas. It is full of able articles and is profusely illustrated.—*Lomars (Mo.) Leader*.

THE COSMOPOLITAN OSTEOPATH, published at Des Moines, Iowa, has made its appearance.—*Journal of Osteopathy (Kirksville, Mo.)*.

Something new in practical therapeutics is the science of Osteopathy which has made rapid progress of late years, in the face of professional prejudice. The Iowa legislature having authorized the teaching and practice of Osteopathy in that State, parties of the highest ability and approved experience with the newly discovered science have incorporated and organized at Des Moines, Iowa, the Dr. S. S. Still College and Infirmity of Osteopathy. This will obviate the necessity of Iowans traveling many miles to other

states to receive the treatment, and it will give students the best opportunities, as they will have one of the finest colleges of Osteopathy in the United States, with the most approved scientific methods of teaching and operating, and the ablest and most experienced Osteopaths will be in charge of the Infirmity. THE COSMOPOLITAN OSTEOPATH will be published in Des Moines, Iowa, for the advancement of the science of Osteopathy. The avoidance of drugs in this system of healing has necessitated special legislative action in many states for its legal recognition and admission.—*The Progress, Minneapolis, Minn.*

Personals.

To-day, August 6, 1898, is the seventieth birthday of Dr. Andrew Taylor Still, the discoverer and founder of Osteopathy, and THE COSMOPOLITAN OSTEOPATH and the S. S. Still College and Infirmity of Osteopathy take pleasure, with all the graduates, students, patients and friends of Osteopathy, in extending to Dr. Still our many congratulations, and we send him this telegram:

DES MOINES, Iowa, August 6, 1898.
Dr A. T. Still, Kirksville, Mo.:

The officers and members of the S. S. Still College and Infirmity of Osteopathy of Des Moines, Iowa, together with the editors of THE COSMOPOLITAN OSTEOPATH, join in transmitting to you their sincere and kindest birthday greetings, and we thank God that He gave through you to the world and mankind, the great science of Osteopathy. We hope you may live for many happy years to come to enjoy the fruits and see its blessings upon mankind.

A. L. CONGER,
Secretary.

We trust and hope that Dr. Still will live to see his grand science legalized by law in every state in the Union. We shall join and work with all other Osteopaths to bring about this grand result.

Dr. Minne Potter and Dr. P. M. Agee, graduates of the American School of Osteopathy, were at the Sneed's Hotel, Keytesville, Mo., July 25th last, for the purpose of examining all those who wished to take Osteopathic treatment. Miss Potter was one of the editresses of the *Journal of Osteopathy* for a long time, and she is one of the brightest and most competent lady graduates that ever left that school, and we predict for her a brilliant future in the practice of the new science.

Drs. Will A. Porter and L. B. Smith have united their energies, organizing the Washington Institute of Osteopathy. They are two of the ablest and brightest graduates in Osteopathy, and we congratulate the friends and patients of Osteopathy in the Northwest, and its people generally, in having two such competent and able Osteopaths locate in their midst. We wish them success as they surely deserve.

Dr. W. J. Conner will soon open the Phoenix Infirmary of Osteopathy, where he will treat all invalids who visit Arizona as a winter resort. He will be assisted by his brother, Dr. D. L. Conner. Both are able graduates in Osteopathy. Dr. W. J. Conner is a distinguished member of the faculty of the Kirksville School, and a leading member of the operating staff of the Kirksville Infirmary; while his departure will greatly weaken the faculty of the Kirksville School, and be keenly felt by the patients at the infirmary, yet their loss will be offset by the good received by those whom they treat at Phoenix.

Dr. W. H. Jones, who is a student of the American School of Osteopathy, called at the office of THE COSMOPOLITAN OSTEOPATH last week in company with his mother, Mrs. S. A. Jones, from Ottumwa, Iowa.

Mrs. Anna M. Burke, D. O., and Mrs. W. H. Clarke, of Kirksville, Mo., paid a visit last week to the S. S. Still College and Infirmary of Osteopathy at Des Moines, Iowa. Dr. Burke is a graduate of the A. S. O. and is engaged in a successful practice at Monroe, La., to which point she returns the first of October, after she completes her visit at Kirksville. The husband of Mrs. Clarke, W. H. Clarke, is studying Osteopathy at the Columbian (Ward) School at Kirksville, Mo.

The Legion of Honor is published at Kirksville, Mo., in the interest of members of that organization, by Brother Phalan. It is filled with good reading matter and is a credit to the order, to Brother Phalan, and all who are connected with it.

In the sudden death of Gov. F. A. Briggs, of North Dakota, by consumption, Osteopathy loses a firm friend and an able champion, and the State of North Dakota an able and honorable Governor. THE COSMOPOLITAN OSTEOPATH extends its heartfelt sympathy to the family in their sad bereavement.

Dr. S. H. Morgan, D. O., has arrived at his new location, Florence, Colo., and opened up his office with fine prospects. THE COSMOPOLITAN wishes the doctor an abundance of success and prosperity.

An office has been opened in town for the practice of Osteopathy, by a graduate in the science, Dr. Wm. N. Northrop. Dr. Northrop comes from the American School of Osteopathy, in Kirksville, Mo., and may be found at Mrs. A. Dunlap's, on north side Court Avenue, four blocks west of square, between the hours of nine and four each day, save Sunday and Wednesday, Saturday being especially reserved for examination.—*Winterset (Iowa) Reporter*.

OSTEOPATHIC NUPTIALS.—A few days ago Rock Rapids witnessed quite a reunion of Osteopaths, six Osteopathic doctors meeting at that time and introducing to our community Drs. Ella Miller and C. O. Hook, of Kirksville, Mo., who came to practice in our neighborhood, as Dr. Craig left at that time for his chair in the Des Moines College of Osteopathy.

Last Saturday at Sheldon there was another reunion of Osteopaths, for while Drs. Gilmour, Miller, Still, Ray and Hook again met, this feature was the smallest item of the program.

Dame rumor had for some time foreseen the event, but it was not until last Saturday that Dr. Gilmour took to himself a full partner for life, in the person of Mrs. Ella Miller, D. O. * * *

The groom is well and favorably known as a successful Osteopathic practitioner, and we congratulate him on having secured for a life partner one who is not only a graduate in Osteopathy, but a lady of culture and refinement, whose accomplishments are varied, and who will do much to make his pathway smooth through this life.—*The Rock Rapids Review*.

The Iowa Osteopathic Institute of Northwestern Iowa is enjoying a fine practice. Dr. J. M. Still, the President, is a brother of A. T. Still and one of the oldest and ablest in the Osteopathic field, and he, together with Dr. Gilmour and wife, Dr. C. O. Hook, and Dr. Charles Ray, present a strong array against disease. The people of Rock Rapids, Sheldon, and Sibley, are to be congratulated on their facilities for Osteopathic treatment. Dr. Still is the father of Dr. S. S. Still, President of our College.

Miss Agnes Darling, daughter of Mr. and Mrs. J. G. Darling, Benson avenue and Greenwood boulevard, Evanston, Ill., will be married Wednesday evening to Dr. McConnell of Kirksville, Mo.

Rev. D. F. Smith will perform the ceremony at St. Luke's church.

Dr. Geo. D. Kirkpatrick, a distinguished graduate of the Northern School of Osteopathy, who is now enjoying a fine practice in Washington, D. C., called upon the S. S. Still College and Infirmary of Osteopathy on a trip west, and expressed himself very much pleased with the school and its future prospects.

We call attention to the splendid letter of Dr. George Helmer, which is published in full in this number of THE COSMOPOLITAN OSTEOPATH. Five years ago he was known as "the traveling man from Montreal." To-day the income from his practice is \$40,000 per annum. Dr. Helmer's great success is an inducement to his brethren of the grip to go and do likewise. He deserves the success which has been attained by his own ability and energy. He is now located in the heart of New York City.

Dr. J. E. Owen, in company with Mrs. Peck, drove over from Indianola recently and were welcome visitors at this office. Drs. Owen are meeting with a well merited success in the practice at that place. They have, by constant attention to business, built up a good practice and THE COSMOPOLITAN OSTEOPATH wishes them every success.

Dr. G. W. Tull, one of the pioneer Osteopaths, and Dr. Cornelia A. Walker, have opened offices in Kansas City, Mo. Both are exceptionally able, and THE COSMOPOLITAN OSTEOPATH predicts for them a successful practice.

The junior editor of THE COSMOPOLITAN OSTEOPATH dropped into the office of Dr. J. W. Banning at Burlington, Iowa, recently. The doctor was very busy, while his patients were happy and hopeful. We learned

through the patients that Dr. Banning has done some remarkable work there which has given him a lucrative practice. It is through its practitioners that Osteopathy must be promulgated. Dr. Banning is ably assisted by Mrs. Banning and Dr. J. S. Baughman.

We would call the attention of the friends of Osteopathy to the card of Dr. U. M. Hibbets, which appears elsewhere in this issue. Dr. Hibbets has made a most enviable record at Brooklyn, Iowa, and is in every way worthy of the confidence and support of those needing Osteopathic services. Nothing succeeds like success. Dr. Hibbet's work is his advertisement.

There are many good reasons existing why graduates of Osteopathy now practicing the profession over the country, as well as every friend of the newly discovered science, and every patient who has been cured by its agency, should recommend the S. S. Still College of Osteopathy at Des Moines, Iowa, to all persons who wish to take up the study of Osteopathy.

Standing at the head of this College as its President is Dr. S. S. Still, who stands without a peer in our country as a scientific teacher of anatomy and Osteopathy; while its faculty is made up entirely of Christian ladies and gentlemen, who are finished scholars in their several departments and most thoroughly qualified as teachers.

It is extremely doubtful if any other college of its kind is so well equipped in every department and possesses so many advantages for the student of Osteopathy as this.

Dr. Ella D. Still will occupy the chair of Obstetrics and Gynecology, and she has no equal in this line in the Osteopathic practice.

Dr. Georgia Stewart (in addition to the gentleman lecturer and demonstrator of anatomy) is the right person in the right place.

Miss Blanche I. Thoburn, A. M., in

the chair of Chemistry, with the preceding ladies, makes a fine array of talent for the ladies' department, most gratifying to all the lady students.

We will be able to teach our students many points that cannot be given elsewhere as thoroughly as by this school. Being a member of the Associated Colleges of Osteopathy our College must come up to the standard, and we mean not only that it shall do this but that it shall excel, and because of the natural advantages which others do not possess it will easily be able to do so. It will be able to give a thorough course in actual dissection and will give double the amount of actual clinical practice given by other schools, things that are very essential, if not absolutely indispensable, for learning the science correctly. As to accommodations that the student can get at Des Moines—board and otherwise—they are unequalled at any other point; two public libraries with over twenty thousand volumes to which the student can have access, first class board and lodging at reasonable prices. The great aim of the school will be the advancement of the science throughout the world, hence our College will be national in its character so that we may be safely recommended to students and our friends can feel that in so recommending us, they are helping themselves as well as doing that which is best for the student and for the science of Osteopathy.

THE DR. S. S. STILL COLLEGE AND INFIRMARY OF OSTEOPATHY (Incorporated). Des Moines, Iowa.

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The Trustees and the Faculty of The Dr. S. S. Still College of Osteopathy would be pleased to meet all who in any way are interested in the "Drugless Science," at the opening of the College September 1st, at 8 o'clock P. M.

The Officers and Faculty

of the

S. S. Still College of Osteopathy

request the pleasure of your presence

at their opening exercises,

Thursday evening, September First,

at Eight o'clock.

1428 Locust Street, Des Moines, Iowa.

Departments of the S. S. Still College of Osteopathy.

DEPARTMENT OF ANATOMY.—Anatomy, the basis of Osteopathy, is here studied under three distinct heads, descriptive anatomy, demonstrative anatomy, and actual dissection, and very thoroughly.

The student begins with descriptive anatomy under the personal guidance of S. S. Still, D. O., President of the College. Dr. Still is one of the most accurate anatomists in the world, and has for some years held the chair of anatomy in the American School of Osteopathy. He is a teacher by nature and uses the quiz, recitation and lecture methods so admirably combined that the student masters one of the most difficult branches comparatively without effort. Under him the student learns Osteopathy from the first day of school. Skeletons, charts, and portions of the cadaver will be used to illustrate this work, which will extend over the first and second terms.

In the department of demonstrative anatomy the demonstrator will, in a course of lectures covering the second and third terms, present to the student every portion of the entire cadaver, with their relation to each other and to the whole, thus fixing more firmly the work of Dr. Still.

A distinctive feature of this department will be that Miss Georgia Stewart, M. D., will also act as demonstrator for lady members in certain portions of the work.

The third anatomical department, that of actual dissection, is also unique as regards Osteopathic schools. Arrangements have been perfected by which the school can secure an abundance of material for dissection, which is so essential to a thorough knowledge of anatomy. Miss Georgia Stewart, M. D., will have charge of this department. She completed her education at Drake University and is a graduate of the Iowa Medical College. She is a thorough anatomist, and here the student will have anatomy indelibly stamped on the memory. This work will extend through the third term.

DEPARTMENT OF CHEMISTRY.—This department will be in charge of Miss Blanche I. Thoburn, A. B., who is a graduate of Kansas University, in which she has held the position of assistant to the chair of chemistry. She has also studied two years at the Woman's Medical College, Chicago, and won the Danforth medal on competitive examination. Lecture, quiz and laboratory methods will be pursued, and every advantage for a practical knowledge of the ele-

ments of chemistry will be given. This will be sufficient to make the student familiar with chemical terms and chemical changes, such as occur in the normal and abnormal metabolism of the body.

In the second term a thorough course of urinalysis, which is one of our most valuable aids to diagnosis, will be given, in which laboratory work will constitute an important part and in which many actual tests will be made. The laboratory is thoroughly equipped with all necessary apparatus and chemicals. A course of toxicology, giving a knowledge of the common poisons and their effects and antidotes, will also be given sufficiently complete to handle all emergencies of this class.

DEPARTMENT OF BIOLOGY.—The course of biology will be composed of a series of lectures delivered by Prof. W. P. Macy, A. M., and will give the student an insight into life and its laws, thus forming with anatomy a joint foundation for the study of physiology. Professor Macy is a well known educator, having been connected with Drake University for over nine years.

HYGIENE AND DIETETICS.—Professor Macy will also have charge of this work, which will consist of a series of lectures delivered in the third and fourth terms.

HISTOLOGY AND MICROSCOPIC TECHNIQUE.—Thorough preparations are made for a good course of work in this department, including microscopes, microtome reagents, and whatever else is needed to make this laboratory very complete. Prof. W. L. Riggs, who has charge of this work, is a thorough educator, having taken a course in this work at the Chicago University, and having occupied for two years the chair of science in the State Normal School, of Albion, Idaho. He also filled, temporarily, the chair of histology in the absence of the regular instructor, in the American School of Osteopathy. Lecture and laboratory methods will be pursued, the course extending through the first term, to be followed in the third term by

PATHOLOGY.—This like the preceding will be carried on by lecture and laboratory methods, and will give the student a thorough knowledge of the tissues in disease.

PHYSIOLOGY.—Hand in hand with anatomy and histology as the fundamental studies of Osteopathy comes physiology. After studying the form and structure of the organ we study its function. There will be a very complete course in this subject, covering the second and third terms.

PSYCHOLOGY.—Not only is it important that the student should be well acquainted with the anatomy of the body, but the mind should also be studied, for which purpose a series of lectures will be given in the third term. This series introduces the following:

MENTAL AND NERVOUS DISEASES.—This series of lectures will be handled from an Osteopathic standpoint by a competent Osteopath experienced in this line of work, and will be delivered in the fourth term.

PUBLIC HEALTH AND SANITATION.—In the fourth term a series of lectures on this subject will be given. Questions on the sanitation of buildings and cities are continually referred to the physician, and it is especially important that the Osteopath should be well qualified to answer these questions.

MEDICAL JURISPRUDENCE.—Our school is especially fortunate in securing for this department Judge Chester C. Cole, one of Iowa's most able jurists. He has twice been elected to the Supreme bench of Iowa and is now Dean of the Iowa College of Law. These lectures will be given in the third and fourth terms.

SURGERY, VENEREAL DISEASES.—A course of lectures on each of these subjects will be given. Thus the Osteopath will be fitted for every emergency.

PRINCIPLES OF OSTEOPATHY, OR OSTEOPATHIC APPLIED ANATOMY—J. W. Hofsess, D. O., in the second term will give a course of lectures on this subject. Dr. Hofsess has been engaged in educational work for a number of years, and is one of the deepest thinkers in the Osteopathic field. When the student has finished the work under him he may well feel that he has mastered the rudiments of an Osteopathic education and is prepared to begin the actual clinical practice of the next term. The work will be illustrated by clinical demonstrations.

DIAGNOSIS THERAPEUTICS AND DEMONSTRATIVE CLINICS.—A. Still Craig, D. O., will have charge of this department and the work will consist of a series of lectures covering the third and fourth terms, supplementing the "principles of Osteopathy" delivered in the second term. This work will be thoroughly systematized and will be of a most practical nature, as the lectures will be illustrated with abundant clinical demonstrations. Dr. Craig is Vice-President of the College, a nephew and classmate of the President, a hard student, a practitioner of several years' experience, and is in every way fitted for this work.

GYNÆCOLOGY AND OBSTETRICS.—This department, which has brought so much honor to Osteopathy, is in charge of Mrs. S. S. Still, D. O., wife of President Still. No Osteopathic lecturer or teacher is so well qualified to fill this important position, for none have had so great experience in this line of work. Mrs. Still received her education at the Kansas University and graduated in the Chautauqua course, and has also had a great deal of experience as a teacher.

OPERATIVE CLINICS.—This work will be given in the third and fourth terms and will be thoroughly systematized. This is twice as much time as is given to this important branch in any other school, and in a city of this size we may expect abundant clinical material. The student operator will be under the personal supervision of members of the faculty and of the operating staff of the Infirmary. The result of the policy throughout the whole course is that the student gets a thorough practical knowledge of theoretical Osteopathy, followed by an abundance of actual work, so that the graduate of this College may go forth from the institution an experienced and finished Osteopath.

Requirements For Matriculation.

1. Any person of good moral character may be admitted upon giving satisfactory evidence of an English education as follows:
 - (a) Candidate must present an essay of not less than 200 words, which shall be graded in thought, construction, spelling, punctuation and penmanship.
 - (b) In arithmetic the candidate must have a mastery of compound numbers, fractions, percentage, ratio and proportion, and the metric system.
 - (c) In history the candidate must have a knowledge of the chief events in the history of the United States.
 - (d) A working knowledge of the geography of the United States, its prominent features and products is required.
 - (e) In physics a knowledge of some of the elementary principles must be shown.
 2. A candidate failing in one or two of these educational requirements may be admitted conditionally, but such conditions must be removed before admission to the second term's work.
 3. In lieu of this examination the faculty will accept a first grade teacher's certificate, or diploma, or certificate of proficiency from approved schools, colleges, etc.
 4. ADVANCED STANDING—A candidate desiring advanced standing upon work previously done, may, after a careful examination, be admitted to the work sought, but the student must spend the full four terms in attendance. This will give opportunity to more thoroughly master the science by spending the remaining time in actual clinical work. But any student in good standing in any other approved school of Osteopathy desiring to enter this college may have full credit for all time spent in attendance and work done at that school.
 5. M. D.'s holding diplomas from reputable medical colleges may be admitted to any part of the course upon satisfactory evidence of proficiency in the work preceding that applied for. Upon attendance of one year and a completion of the course a certificate of proficiency will be issued, such certificate differing from the diploma only in the fact that it will confer no degree. The holder can, of course, practice under his diploma from the medical college.
- TUITION AND EXPENSES—The tuition for the entire course is \$500. There is no extra charge for notes, laboratory privileges, clinics, dissection, etc., as this covers the entire school expenses and entitles the student to a diploma after completion of the course, provided all other requirements have been complied with. This fee is payable \$200 at matriculation, with a note for \$300, without interest, payable one year thereafter. The time of payment of the last amount may be extended.
- Expenses of living in Des Moines are very reasonable, good board being obtained in the neighborhood of the college at \$3 per week and up. The only other expense will be for text-books, which for the entire course will approximate \$35, more or less, according to the taste of the student.

Faculty.

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A. STILL CRAIG, D. O.,

Professor of Demonstrative Osteopathy, Osteopathic Diagnosis, Symptomatology, and Therapeutics.

J. W. HOFSESS, D. O.,

Professor of the Philosophy, Principles, and Practice of Osteopathy.

MRS. S. S. STILL, D. O.,

Professor of Gynæcology, Obstetrics, and Practice of Osteopathy.

WM. N. NORTHROP, D. O.,

Practice of Osteopathy.

MISS GEORGIA STEWART, M. D.,

Demonstrator in Dissecting Room and Assistant to the Chair of Demonstrative Anatomy.

MISS BLANCHE I. THOBURN, A. B.,

Professor of Chemistry.

W. P. MACY, A. M.,

Professor of Biology, Hygiene and Dietetics.

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W. L. RIGGS,

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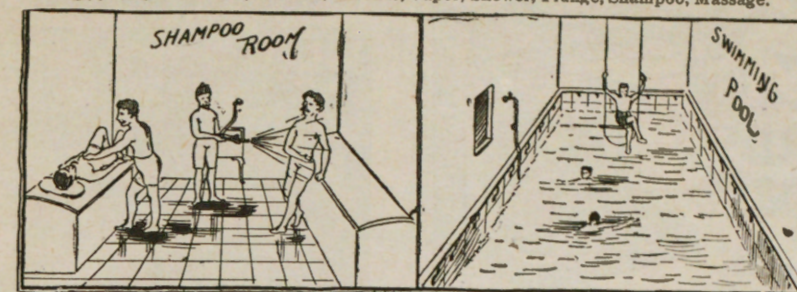
There are yet some vacancies in the faculty, which will be filled as soon as possible. Parties are now negotiating but are not quite ready for their names to appear in print, but our patrons may rest assured that due care will be used in the selection of instructors for these places.

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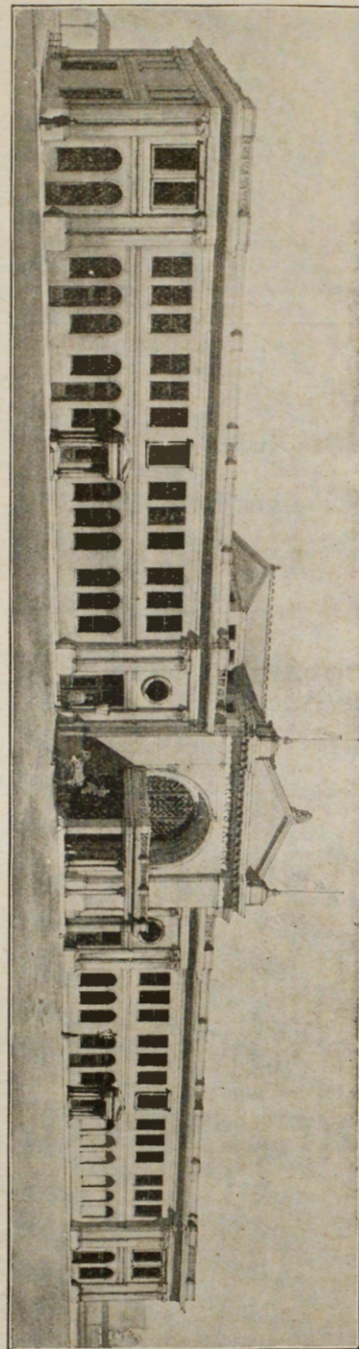
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SECOND TERM—Descriptive Anatomy—completed.
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Physiology.
Principles of Osteopathy—with clinical demonstrations—Applied Anatomy.

THIRD TERM—Regional Anatomy—with demonstrations on cadaver.
Student dissects cadaver.
Physiology.
Pathology—lectures and laboratory work.
Psychology—lectures.
Hygiene and Dietetics—lectures.
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